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How Can You Make Your Eating Habits More Sustainable? Go Local

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HOW CAN YOU MAKE YOUR EATING HABITS MORE SUSTAINABLE? GO LOCAL!

SUSTAINABILITY IS:
ENVIRONMENTAL
SOCIAL
and ECONOMIC

CITATIONS

Louden FN, MacRae RJ. Federal regulation of local and sustainable food claims in Canada: a case study of Local Food Plus. Agriculture and Human Values. 27(2):177-188.

Morawicki RO, Diaz Gonzalez DJ. Food Sustainability in the Context of Human Behavior. Yale Journal of Biology and Medicine. 91(2):191-196

The commitment to buying and eating locally sourced foods whenever possible impacts sustainability in a positive way.

If products have no regulation as to how they use the word "local" in supermarkets, how are people supposed to know where the food is really coming from?

SOLUTIONS include: farmers markets, research local brands, buy through regional food hubs

Farmers preserve the genetic diversity of their crops by using variations of treatments, rather than just one type of GMO.

WHY GO LOCAL?

Decreased dependence on mass transport, which requires a lot more energy and releases harmful chemicals into the atmosphere.

Local produce goes from farms to tables, faster.

Fruits and vegetables have a short shelf life, so decreasing the complexity of the farm to table transport allows for less foods being wasted

Preserving small farmlands preserve habitats that attract biodiversity.

(i.e. birds and insects that can pollinate crops)

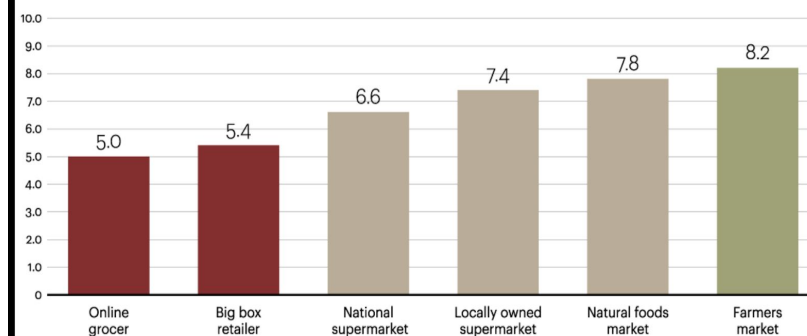
Local food suppliers are the most trusted sources. Socially, this promotes sustainability!

Tropp D. 2016. Why Local Food Matters: Views from the National Landscape

Figure 1

Online, big-box, and national chains rank lowest in food trustworthiness

How much do you trust each format to deliver local food?
(1 to 10, with 10 as most trustworthy)



Source: A.T. Kearney analysis

