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Why Buy Local? Research on how buying locally produced foods is more sustainable

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Why Buy Local?

Recently, research has shown a lot of evidence to support that buying and consuming locally produced foods is more sustainable than buying and consuming globally produced foods.

Benefits:

Environmental:

- Local food systems are small scale and minimizes the need for heavy machinery
- Large machinery increases erosion, silting of waterways and use fossil fuels
- Reducing the distance food travels (food miles) cuts down on associated fossil fuel consumption, air pollution, and greenhouse gas emissions.

Social:

- Increased awareness and connection between people and their food
- Knowing local producers promotes a sense of relationship, pride, and trust within communities.

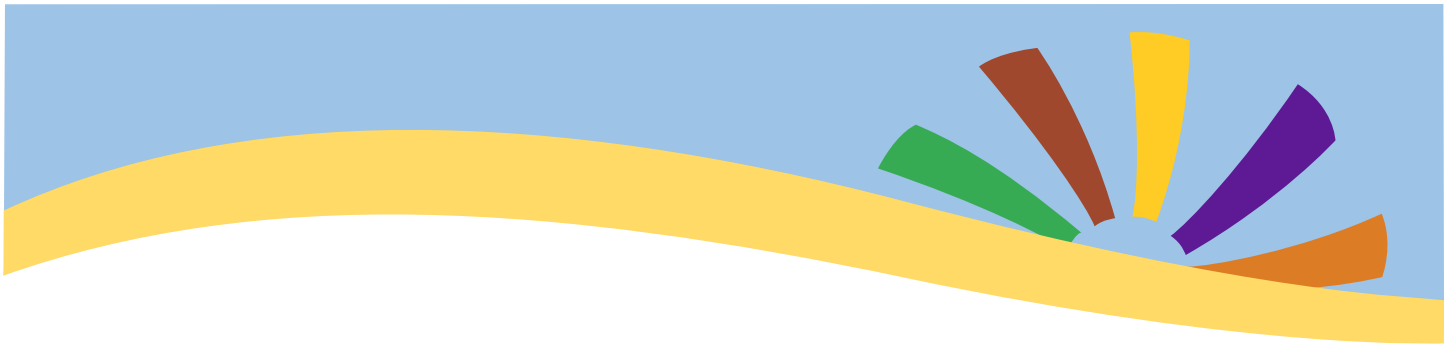


Figure 1: Two graphs showing the economic benefits of buying local in that more money stays in the economy versus buying from non local businesses

Economic:

- Support small scale farms and the regional economy
- Increases food security and economic stability in the case of an economic crisis (Depression or Recession)
- Money that is spent is retained within the area with each purchase of local food

In general buying local is more sustainable in that it helps support regional economic and environmental systems. This includes supporting and maintaining local food webs and food chains and helps maintain stability. However, for buying local food to truly be sustainable it requires a large following of people in order to be effective. Also, not every food can be grown locally due to local conditions. Therefore, in order for buying local foods to be effective and help the environment, the efforts of everyone in a community must contribute.



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