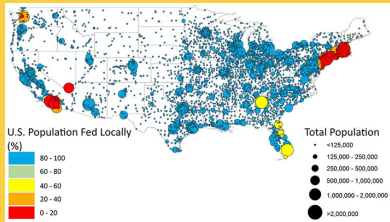


LOCALLY PRODUCED FOODS

A MORE SUSTAINABLE APPROACH

Pros: of Local Foods

- Compared to an organic diet local foods offer a wider variety of products, are seasonally available, maintain a close relationship with the consumer, have a positive impact on the local community, and a short trip from the farm to the consumer. (Adams and Salois)
- Living off of one or two crops is neither economically sensible nor appetizing. As a result, producers in local food systems not only frequently adhere to the ideas of crop rotation and polyculturalism, but also integrate crop and livestock production. (Shindelar)
- The ecological footprint of local food production is reduced since there is a smaller supply chain and farmers handle storage, packaging, transportation, and distribution themselves. (Shindelar)



An estimation of the percentage of the population that could be sustained entirely by food grown by farms. (Breyer)

Cons: of Local Foods

- Local stores may not be able to provide produce with the same variety and consistency as bigger supply chain stores.
- Local products may not have the same shelf life as other products since they might not be sprayed with pesticides and preservatives. They also have a shorter shelf life because they are picked at the cusp of ripeness.
- Local food is more expensive compared to food that is widely available at supermarkets or grocery stores.

Systematic: Impacts

- Promotes Accountability: The consumer better understands how and where their food is being produced. Many local food producers will actively pursue an organic certification as a means of further improving the nutritional value of their food and reducing their environmental impact. (Arrowquip)
- Keeps Taxes Down: Most local farm businesses aren't dependent on social services like schools and emergency services. (Arrowquip)
- When local farms are established, eating local protects farmland. Without small-scale farms, the land might otherwise be developed for industrial or commercial use. Additionally, farmland attracts other types of biodiversity and gives animals, insects, and birds a place to live and thrive. (Arrowquip)

By investing in locally sourced foods, we will be contributing to small businesses, as well as helping to protect the environment!

Global: Impacts

- There's just not enough land. In fact, the world's agriculture takes up about 35 to 40 percent of all of the Earth's land, a staggering sum, especially compared to cities and suburbs, which occupy less than percent of Earth's land. (Foley)
- The proportion of the food pound or dollar returning to farmers has shrunk. Fifty years ago, farmers in Europe and North America received between 45-60% percent of the money that consumers spent on food. Today, that proportion has dropped dramatically to just 3.5% in the USA. (Pretty)
- The value of international food trade has tripled, and the tonnage of food shipped between nations has grown fourfold while the population has only doubled. In the United States, food typically travels between about 1,500 to 2,500 miles from farm to plate, up to 25 percent farther than in 1980. (Ayala)

Local: Impacts

- "Money remaining in a particular localized economy does more work if it is recycled through the purchase of local goods and services than if it leaks away to external economies." (Pretty)
- Local produce that had been picked hours before is able to keep its nutritional value better than globally produced goods that had been picked days before selling.
- These local businesses enhance the problem-solving capabilities of addressing public health concerns, and communities with a greater level of small businesses tend to have greater levels of population health. (Moses)

Personal: Impacts

- "For people with food sensitivities to preservatives, hormones or other food chemicals, locally grown food is a great option. Locally grown food can help support any possible digestion issues that people with food allergies may experience with other types of food." (Arrowquip)
- Eating locally encourages diversification of local agriculture and crop variety. This, in turn, reduces the reliance on monoculture; single crops grown over a wide area to the detriment of soils. (Kay)
- Local foods reduce the chance of food contamination since there are fewer steps from the farm to the fork. Food grown nearby reduces the chances of food safety issues at harvesting, washing, packaging, and distribution.

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