

I'm Not a Carnivore, I'm a *LOCAVORE*.

Environmental Science 101

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Eat Locally Grown Food to Reduce Global Warming

The average “fresh food” item travels 1500 miles to get to us. Buying locally significantly reduces all that fuel-guzzling transportation.



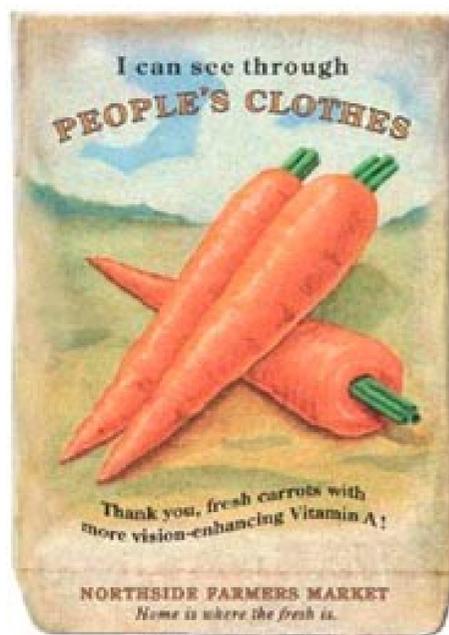
Comic Strip- www.arcticcartoons.wordpress.com

Introduction

Food preservatives, additives, genetically altered crops and E. coli outbreaks; some of the variables in your supermarket. What were the pesticides used and the route taken to get those apples on your kitchen table? Locally grown foods make a lot of sense for people that want more control over what they put into their bodies, while cutting out the transportation, processing, packaging and other unnecessary middle-man nonsense.

Eat Locally Grown Food for Better Health

Locally grown food is often safer. Even if it's not organic, small farms tend to use more moderation when using chemicals on their crops, unlike large factory farms. Eating locally usually reduces the amount of processed food one consumes, which usually contain lots of refined carbohydrates, sugar, fat and preservatives.



Northside Farmers Market Poster. Cincinnati, OH.

Eat Locally Grown Food to Help the Economy

Farmers receive twenty cents out of each dollar spent on food. Farmers who sell to local customers receive the full retail value. Also, eating locally encourages the use of local farmland for farming which keeps development in check and preserves open space.



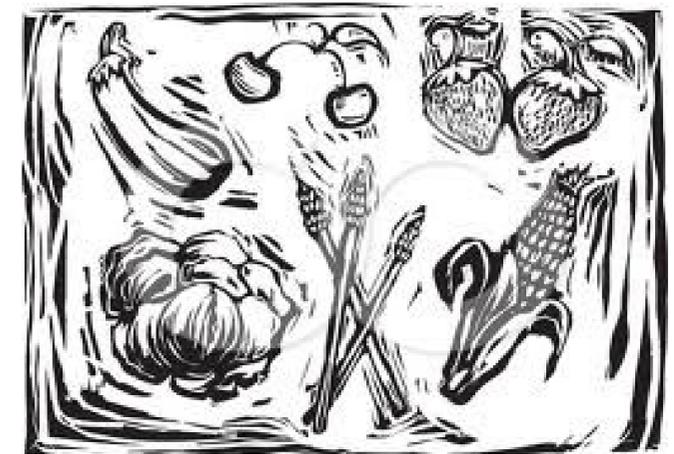
Picture from www.fns.usda.gov.



Picture from www.premierwilliamsburgrealestate.com

How to Find Locally Grown Food Near You

Shopping at farmers' markets and farm stands is the best way. Also, locally owned grocery stores, natural food stores, and coops are much more likely to stock locally grown food than supermarkets. It can be a challenge, the main reasons being financial stress and availability. A lot of the time, it is easier (and more inexpensive) to run to the supermarket and grab what you need, but try doing it for a week. You will be able to decide for yourself- the taste and benefits.



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