

The Sustainable Six Six Reasons You Should Eat Locally

#1 Quality: Locally grown produce is usually picked at peak ripeness and available within 24 to 48 hours of harvest. This means fresher, tastier and nutritionally better fruits and vegetables.



#2 Health: Chronic disease such as heart disease, type 2 diabetes, stroke and some cancers are related to poor diet and lack of physical activity. Eating locally grown fruits and vegetables fights chronic disease.

#3 Safety: Food safety that is...Foods brought in from other countries as well as foods here at home are at risk for food borne pathogens and deliberate contamination. Many foods are never inspected. Knowing where your food is grown can mean a safer food supply.



#4 Environmental: Our ability to bring food from around the world and grow bigger and better crops contributes to air, water and land pollution. Sustainable agriculture operations take measures to protect the environment with the future in mind.

#5 Economy: Buying from the local farmers' market, CSA or produce stand puts money back into the local economy. Local farmers selling direct keep full retail value of the food... a dollar for a dollar.

#6 Trust: There is comfort in knowing where and from whom your food originates.



United States Department of Agriculture, University of Arkansas, and County Governments Cooperating
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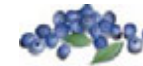
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What can you do to support a sustainable food system?

- Buy foods that are grown locally as much as possible.
- When you buy foods from a chain grocery store, ask where they came from and encourage the store manager to carry locally-grown products.
- If you eat commercially-processed foods, choose those that have been processed as little as possible and with the least amount of packaging.
- Cook at home from scratch as much as possible.
- When you eat out, try to choose restaurants that use locally-grown foods.
- Teach you family, friends and community about how their choices impact the environment, their health and society.
- Take pride in the fact that you are making an effort to support a sustainable food system.

Visit: www.naturallyarkansas.org to find locally-grown produce near you.



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