
Green Tips

Buying local products not only saves energy but is healthier for you.

When you go shopping try to buy food from the region.

Local foods and products

- Most foods we buy and eat must travel more than 1500 miles to get to our dinner plates. (source: <http://100milediet.org/home/>) That uses a lot of energy and contributes to traffic, road costs, and pollution.
- Buying locally grown food is good for the environment in many ways, and is healthier for you.
- Food grown locally is allowed to ripen on the plant and shipped to you quickly.
- Food grown farther away is often picked early, ripens on the truck, and is less fresh by the time you purchase it, meaning it has less nutritional value.
- More energy is needed for trucks and trains to transport the food from farther away, and more packaging is needed to keep the food from being damaged.
- Transportation of local foods can save around 10% of the gasoline otherwise used to ship foods around the country and world.
- Food grown locally is also less likely to be grown on large, corporate farms, which generally means fewer pesticides, fertilizers and chemicals are necessary.
- When you buy food, look at the sticker or the display box, to see if it comes from our region, or country, or even our hemisphere!
- Visit the website 100 mile diet for more info: <http://100milediet.org>
- Search more on Local Harvest: <http://www.localharvest.org/>

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