



Define Your Challenge

The goal of the challenge is to eat more local than you do now. How you do it is up to you!

Set a goal that's attainable, but try to go a little outside of your comfort zone too. You can always set the bar higher for next year!

Below are some ideas for how you can define your own challenge.

Local Meals Per Week

Define your challenge by number of local meals per week. *For example: eat ten meals each week made with mostly local ingredients.*

Percent Local

Set a daily or weekly goal for the percentage of local foods you want to eat this month. From 10% to 100%, any amount helps you to reach your goal of "MORE LOCAL!"

The Marco Polo Rule

During the Eat Local Challenge, you may find some items difficult to find locally.

Choose a few items that are your personal local exceptions, while trying to eat everything else locally grown or produced. Common choices are items like bananas, coconut, lemons, etc.

The "Marco Polo Rule" allows for items such as salts, spices & baking items (baking soda, yeast) during the challenge. The idea of this rule is to allow items sailors could carry along at sea.

Tips for taking the Challenge

The Eat Local Challenge & Scavenger Hunt are fun, inspiring ways to get actively involved in doing more to support our local economy.

Try these tips to help reach your goal:

-  **JOIN THE EAT LOCAL SCAVENGER HUNT!** 20 fun Challenges to harness your inner Locavore. Win awesome prizes from local restaurants and vendors for completing the Challenge.
-  **LINGER & LEARN.** Allow some extra time during your next visit to the Co-op to discover which foods are local. Talk with our staff. Ask questions.
-  **START EARLY.** Before the challenge, try adding more local foods in your diet and get yourself into the habit of shopping for local.
-  **VISIT A FARM.** Take your family on a road trip to a local farm. See where your food grows!
-  **JOIN A CSA.** Community Supported Agriculture programs allow you to buy a share in a local family farm and receive a box of their fresh produce weekly.
-  **GROW YOUR OWN!** It doesn't get much more local than your own backyard. There are many foods that can be grown easily in any size space, green thumb or not.
-  **PLAN YOUR MEALS.** It may feel a little bit overwhelming to plan out four weeks of meals, but creating a plan will help you stick to it and meet your goal!

Helpful Resources

Visit the Tidal Creek website for detail about the Scavenger Hunt and other helpful information at tidalcreek.coop.

Connect with the Co-op on Social Media
Join our "Eat Local Challenge & Scavenger Hunt" event on Facebook, to connect with other challengers and get inspired! Share, post, tweet & pin your tips, recipes and favorite local finds.



Feast Down East
feastdowneast.org



Feast Down East's website offers a plethora of resources for locavores including: an online market for local food, producer profiles-to help get to know your farmers, local CSA info, lists of local restaurants serving local foods, information about upcoming local food events, and more!

Down East Connect
farmersfreshmarket.org/downeast



D.E.C offers an easy way to shop for local produce from the comfort of your home, and pick up at one of their convenient local pick-up spots (including Tidal Creek!) Down East Connect sources from many very small local producers whose operations are not yet big enough to support the product demands of retail stores.

Your Local Co-op!

Tidal Creek has been Wilmington's only locally owned cooperative grocer for over 32 years. Our team is always ready to help. Please ask questions as you're shopping for local at the Co-op!



LOCAL DEFINITION

Look for the "LOCAL" signs at Tidal Creek, they apply to products grown or produced in NC or within 400 miles of the store. Follow this definition or choose your own!