

# Discover Local



## FOUR GOOD REASONS TO EAT LOCAL

### 1. It's good for you & tastes better!

Locally grown food doesn't travel far, so farmers can choose varieties based on flavor rather than their ability to withstand a long journey.

By eating local foods that are in season, you eat foods when they are at their peak flavor, are the most abundant and typically are the least expensive.

### 2. It's good for the economy

The money that you spend on local food stays in the area as it supports the work of local farmers & retailers. For every \$1 spent locally, approximately 68% returns to the community.

### 3. It's good for the environment

The average American dinner travels nearly 1,500 miles before reaching the plate. When you eat local food you reduce the consumption of fossil fuels, carbon dioxide emissions and wasteful packing materials.

### 4. It's good for family farms

With local food purchase, you ensure more of your money spent goes to a local farmer.

#### NEED A LITTLE HELP?

Ask a Tidal Creek staff member & look for the "LOCAL" logo while shopping at the Co-op.



LOCALLY GROWN • COMMUNITY OWNED

TIDAL CREEK COOPERATIVE FOOD MARKET

FOR 30 YRS.