



Scavenger Hunt

Presented by Tidal Creek Co-op • 910.799.2667
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Eat Local Challenge

The Eat Local Challenge is a fun, inspiring way to get actively involved in doing more to support our local economy. The goal of the Challenge is just 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 get outside of your comfort zone a little too. Below are some great ways to help you define your challenge.

- **Local Meals Per Week:** Define your challenge by number of local meals per week. For example: Eat 10 meals each week made with local ingredients.
- **Percent Local:** Set a daily or weekly goal for the percent of local foods you want to eat this month. From 10% to 100%, any amount helps reach your goal of "more local!"
- **The Marco Polo Rule:** During the Eat Local Challenge, you may find some items especially difficult to find locally. Choose a few items as your local exceptions, while trying to eat everything else locally grown or produced. Common exception items are bananas, coconut, lemons, etc. The "Marco Polo Rule" allows for items such as salts, spices, and baking items (baking soda and powder, yeast) during the challenge.



Your Local Co-op!

Tidal Creek has been Wilmington's only locally owned Cooperative Grocer for over 30 years. Our friendly and educated team is always ready

to help. Feel free to ask any staff member for help with your local shopping!

Eat Local Scavenger Hunt

The Eat Local Scavenger Hunt is an interactive way to share, connect with and inspire other Locavores taking the Challenge. From June 16 - July 15, have fun collecting up as many of the 20 'Eat Local Challenges' as you can. All challenges are listed on the attached Scavenger Hunt Form. Using social media, show us which challenges you have completed by posting or sharing photos on any or all of the following places and tag Tidal Creek or use the hashtags #ieatlocal2014 #tidalcreekcoop.



Tidal Creek Co-op on the Tidal Creek 'Eat Local Challenge' Facebook Event



tidalcreek tag @tidalcreek #ieatlocal2014 #tidalcreekcoop



TidalCreekCoop tag @tidalcreekcoop #ieatlocal2014 #tidalcreekcoop



Tidal Creek Co-op tag @Tidal Creek Co-op #ieatlocal2014 #tidalcreekcoop

Scavenger Hunt Rules:

Get local and complete as many of the 20 challenges as possible. Check off each one on the attached form as you finish them. In order for each of the 20 challenges to be considered complete, proof of completion must be shared on one of Tidal Creek's Social Media outlets (see list above). Proof includes photos, links to posts, screen grabs and screen grabs. Please email your completed Scavenger Hunt Form to contest@tidalcreek.coop or drop it by the Customer Service Desk at Tidal Creek Co-op by end of day on July 17th to be considered for prizes.

Scavenger Hunt Prizes:

Awesome local prizes donated from restaurants and vendors will be awarded for completing at least 10 challenges with grand prizes for those Locavores completing all 20 challenges! Prizes to be awarded the last 2 weeks in July. Recipients will be contacted via email with prize and pick-up details.

Happy 'Eat Local' scavenger hunting!