

BUY FRESH BUY LOCAL FOODS

YOU'VE BEEN HEARING ALL ABOUT THIS "BUY LOCAL FOOD" THING... SO WHY SHOULD YOU CARE?

YOU'LL GET EXCEPTIONAL TASTE AND FRESHNESS - WE SWEAR!

Local food is fresher and tastes better than food shipped long distances from other states or countries. Local farmers can offer produce varieties bred for taste and freshness rather than for shipping and long shelf life.

YOU'LL STRENGTHEN YOUR LOCAL ECONOMY.

Buying local food keeps your dollars circulating in your community. Getting to know the farmers who grow your food builds relationships based on understanding and trust, the foundation of strong communities.

YOU'LL SUPPORT ENDANGERED FAMILY FARMS.

There's never been a more critical time to support your farming neighbors. With each local food purchase, you ensure that more of your money spent on food goes to the farmer.

YOU'LL SAFEGUARD YOUR FAMILY'S HEALTH.

Knowing where your food comes from and how it's grown or raised enables you to choose safe food from farmers who avoid or reduce their use of chemicals, pesticides, hormones, antibiotics, or genetically modified seed in their operations.

YOU'LL PROTECT THE ENVIRONMENT.

Local food doesn't have to travel far. This can reduce transportation costs and packing materials. Buying local food also helps make farming more profitable and selling farmland for development less attractive.

Find out more at www.buyfreshbuylocalcr.org