

DECIDING WHAT LOCAL MEANS TO YOU

When you begin your food challenge, you'll want to know how to deal with all the things that aren't grown in your area, things like coffee or pickles and mustard. After all, a sandwich isn't a sandwich without a pickle, right? And if you're a coffee lover, you need that cup of joe!

The goal in eating local food isn't to restrict your diet or give things up. The goal is to choose local *when there's a choice*.

So, you'll want to make a list of non-local food items that are your exceptions right at the start of your local food challenge. Some common exception items include:

- ❖ Condiments
- ❖ Beverages
- ❖ Coffee and Tea
- ❖ Flour and Baking Supplies
- ❖ Chocolate

And while you're at it, you will want to decide on some principles to follow when there are multiple choices, but not a local one. For example, let's say there are no local tomatoes available right now, so your next choice could be organic non-local. If organic is not available either, then look for tomatoes from a small farm.

The choice is up to you — there are no hard and fast rules here. But if you decide in advance, it will make your shopping much easier.



THIRTY DAY LOCAL FOOD CHALLENGE



lo•ca•vore *n.* a term coined in 2005 by a group of Californians who proposed that people should try to eat only food grown or produced within a 100-mile radius of where they lived. The New Oxford American Dictionary chose locavore as the 2007 word of the year.



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WELCOME TO THE THIRTY DAY LOCAL FOOD CHALLENGE

It's fun. It's easy. It's good for us, good for the local economy and good for the planet.

The goal of this challenge is to celebrate the diversity and abundance of food grown in our region by seeing how many times we can use fruits and vegetables grown within 100 miles of Sacramento in our meals during a typical month.

Taking the challenge is simple. All you need to do is:

- 1 Check out your local food scene to see what's available at stores and farmers markets.
- 2 Decide what "local" means in your diet. Make a list of exceptions. Be realistic — no one can be 100%. Can you buy 5 items local? 10 items? Good. Every bit helps, but don't set the bar so high that you fail to start.
- 3 Pick a 30 day period when you won't be traveling or having to eat out a lot. On the other hand, don't be afraid to entertain during your challenge so you can help introduce your guests to local foods. Any holidays coming up?.
- 4 Keep notes and share what you learn with your friends. If you discover a local food source, make sure others learn about it.

