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## NUTRITION FOCUS

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### Eat Local MKE Challenge

#### GET INVOLVED

- Shop at a local farmers market or a store specializing in local food
- Have a picnic with friends and share dishes made with foods that are home grown
- Try one new local food -- perhaps a vegetable you've never eaten
- Have your kids read food labels and map where the foods are from
- Visit a local farm
- Visit a restaurant that features local foods



Check out our page for  
cooking videos and more!

#### What Does It Mean to Eat Local?



**“EAT FOOD THAT IS  
GOOD FOR YOU,  
OUR COMMUNITY  
AND THE PLANET.”**

Local means knowing what farm your food came from. It brings you closer to the source of your food, helps reduce your carbon footprint, and builds community.

To some, local means homegrown, while others may include a wider area, such as the entire Great Lakes region.

#### Eat Local Challenge Rules

There are no rules! Create your own. Try something small or jump all the way in:

- ◇ I will try one local vegetable at my farmers market each week.
- ◇ I will shop for seasonal groceries from Wisconsin growers.
- ◇ I will eat 100% locally, with the exception of salt and pepper.

#### Find Out More!

Local First Milwaukee- <http://localfirstmilwaukee.com/shift-happens/eat-local/>

SE Wisconsin Farm Fresh Atlas- <http://www.farmfreshatlas.org/southeast/>



[https://www.cfihope.org/  
food-and-nutrition-services/](https://www.cfihope.org/food-and-nutrition-services/)

#### WHY BUY LOCAL FOODS?

- Local food is better for you, your community, and your environment.
- Local food supports the local economy.
- Eating locally grown foods means eating with the seasons. The produce will be at their peak ripeness and full of flavor
- Local food has more nutrients. Produce at grocery stores may have sat in a warehouse for days or weeks before it is shipped to our grocery stores.
- When purchasing food at a farmer's market, you can talk to growers about how it was grown.

