Local Foods: Delicious & Nutritious
Buying locally decreases the potential for nutrient losses so you’re getting the most out of your food. Produce that is grown locally travels less distance than other produce so farmers can pick them at peak harvest times. Supporting local farmers also supports sustainable farming practices that will help maintain local farmland.

Benefits of Seasonal Eating
- Usually less expensive
- Provides more variety throughout the year
- More flavorful
- Fewer additives (antibiotics, pesticides)

Did You Know?
Eating locally and seasonally is good for the environment because it decreases pollution from shipping. Food grown in season can have up to 3 times more nutrients than food grown out of season.

Resources on how to keep it “local”:
Office of Sustainability Seasonal food guide
Oxford College Organic Farm http://oxford.emory.edu/organic-farm/
Cafe Bon Appetit “Local Food” movement
Cafe Bon Appetit Regional map of Sustainable Farms
Food & You: Sustainability