



Take the Eat Local America Challenge!

Sponsored by People's Food Co-op

Sept 4th—14th

What Do I Do?

Set your own goal. Not a 'locavore'? Start small; try for 10% of your food for a week as local food or maybe you may try for 80%.

Use the materials provided to help you select local foods.

Read labels at the store. You may be surprised at the options that are out there!

Log your food & beverage intake with it's origin for 7-10 days.

Return your log by Sept 21st to be eligible for prize drawing for a great cookbook to help you eat local.

Why Should I Join?

Local Food Tastes Better—Many local farmers choose varieties based on taste, rather than durability during long hauls across the country. Food that ripens naturally is tastier than food that half-ripens in the back of a truck.

Local Food is Fresher - Industrial-scale produce is often picked 7—14 days before it arrives on a store shelf. Much of the food sold at a local market is picked the very day it is sold.

Buying local certainly **saves** on the cost of fuel and pollution associated with hauling food 1500 miles before it gets to you! It also **supports the local economy**—enough said in these times!

How Do I Join?

Simply e-mail Kim Hottenstein this week and you will receive via inter-office mail a packet to get you started. While the challenge runs Sept 4th-14th, you may participate for 1 week to 10 days.



If you can't buy a Prius, you can still eat like one!

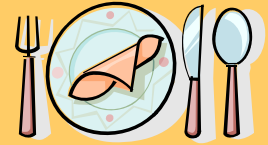
Upcoming Events



Walktober

Activity Challenge Coming Soon! October 1st—31st
Get ready to move and have some fun!

Healthy Eating Tips



- Use a smaller plate and make sure to fill at least half your plate with fruits and vegetables at every meal.
- Have fruit instead of processed sweets for dessert.
- Keep a variety of canned or frozen fruits and vegetables on hand. They are healthy and a quick way to get a meal ready. Choose canned fruit packed in own juice.
- Spend the few extra cents to buy fresh fruits and vegetable that are already washed and cut up. Keep them on hand for ready to eat snacks, pack them into lunches or take them in the car.
- Keep a bag of dried fruits and veggies in your handbag or in the car for those times when a craving strikes while you're on the go.
- For a quick meal, top a bag of pre-washed salad mix with canned tuna, chicken, or beans. Add your favorite veggies and low-fat dressing.



Source: Produce for Better Health Foundation