TOP 5 WAYS TO EAT LOCAL FIRST

1. SHOP
   your local farmers market for groceries

2. CHOOSE
   locally owned grocery stores & select at least 1 local item

3. EAT
   at locally owned restaurants & ask for what’s local

4. SIGN UP
   for a box of local produce, fresh from the farm

5. LEARN
   what’s in season, use The Local 10, and this guide to find local farms & food.

Sign up for our monthly newsletter to get local food & farming info, events, deals, resources, and more!

Learn more at eatlocalfirst.org