

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