

25 Ways to Support the Local Food Economy

Compiled by Mary Hendrickson*

Buy Local!

1. Spend \$10/week on locally produced foods.
2. Ask your supermarket manager to stock locally produced fruits and vegetables in season.
3. Seek out foods processed locally.
4. Buy as much of your food as you can from a farmer whose face you can see, whose farm you can visit.

Community Supported Agriculture

5. Become a member of a Community Supported Agriculture (CSA) farm and get wonderful local, seasonal produce from May through October.
6. Buy a CSA membership for a friend's birthday or Christmas present.
7. Encourage your parish to subsidize CSA shares for families with limited resources.

Show Your Thanks!

8. Be thankful for your food and reflect on the goodness of creation before eating any food.
9. Lead your parish in organizing a garden to produce food for fellowship meals and donate the surplus to a local food pantry.
10. Plant a garden and experience the wonder of growing life.
11. Take "local" food to your church dinner.

Educate Self & Others

12. Educate yourself about how our food system presently works so you know where your food comes from.
13. Tell all your family and friends why you eat food that is healthy for you, your community and creation.
14. Help create links between your child's school lunch program and local farmers.

Choose Wisely

15. Eat seasonally and regionally and get in touch with your local environment.
16. Buy only meat that you know has been produced humanely and sustainably.

17. Ask your waitress for specials featuring locally, sustainably produced food.

Offer What You Can

18. Donate land at your church to help those without space to grow their own food.

19. Help protect local water quality by using pesticide-free agriculture and food products.

20. Give freely of your expertise in growing food to whoever needs it.

Learn New Ways to Cook

21. Learn how to freeze, can and store seasonal fruits and vegetables produced in your local area.

22. Teach others about preserving local food by organizing canning and preserving sessions at the parish hall or in your home.

23. Learn how to cook using whole or less-processed food to save on packaging, to be healthy and to become more self-reliant.

Eat Well!

24. Educate yourself about the benefits of eating a diet that includes lots of fresh produce and whole grains.

25. Accept responsibility for making sure that all members of your community have access to an adequate supply of wholesome food.

* Mary Hendrickson is an assistant research professor at the University of Missouri-Columbia and works closely with the Food Circles Networking Project. The goal of the project is to develop community-based, sustainable food systems by reshaping the relationships that surround food. To learn more about the network, visit <http://foodcircles.missouri.edu>