

- Shop -

# SEASONAL SMALL & LOCAL

REDUCE YOUR FOOD'S CARBON FOOTPRINT | GET THE BEST  
NUTRITION OUT OF YOUR FOOD | SUPPORT YOUR LOCAL  
FARMERS | PUT MONEY BACK INTO YOUR COMMUNITY

## What's Seasonal Eating?

Eating food seasonally means choosing to buy and eat food primarily at the time it would normally be ripe in your region – for example choosing to buy strawberries in spring rather than winter.

## Impacts of Seasonal Eating

**LOCAL** - Buying foods in season makes them more likely to come from farms near you.

**ECO-FRIENDLY** - Foods sourced nearer to you uses less fuel, water, and packaging than foods that come from farther away.

**BETTER NUTRITION** - Locally grown produce can be harvested when it's more fully ripe than produce coming from outside of your area. Food has better nutritional value when it's allowed to ripen before harvest.

**BETTER TASTE** - Foods taste better when they're ripe.

**CHEAPER** - Foods tend to be on sale when they're in season because there's an abundance of it.

## Buying Small & Local

Buying produce, meat, eggs, dairy, and honey from small, local producers puts money back into your community and supports farming as a way of life. It also gives you the ability to know who's raising your food and how. Small, local producers are more likely to grow a wide range of foods, which eliminates the issue of monocultures that contribute to pollinator death. Small, local producers are also less likely to engage in exploitative work practices.

## Buying Local Meat, Eggs, Dairy, and Honey + Meatless Monday

Buying these items locally provides you with the opportunity for direct knowledge of a farm's husbandry and production process. It also goes hand in hand with initiatives like Meatless Monday which advocate for preserving health and environment by choosing to skip meat at least one day a week. Small & locally produced animal products are going to be a little more expensive and likely less abundant, which naturally leads a buyer to consume less.

## Ways to Shop Seasonal, Small & Local

- Shop at grocers that offer local food.
- Buy from food co-ops that work with small, local farms.
- Shop at farmers markets.
  - Many NC farmers' markets accept EBT and WIC. Some even double a purchaser's WIC or EBT produce allowance amount through the Double Bucks Incentive Program.
- Buy directly from farms.
- Where it makes sense, consider choosing locally frozen or preserved items or a different food rather than buying food that's out of season or not local.