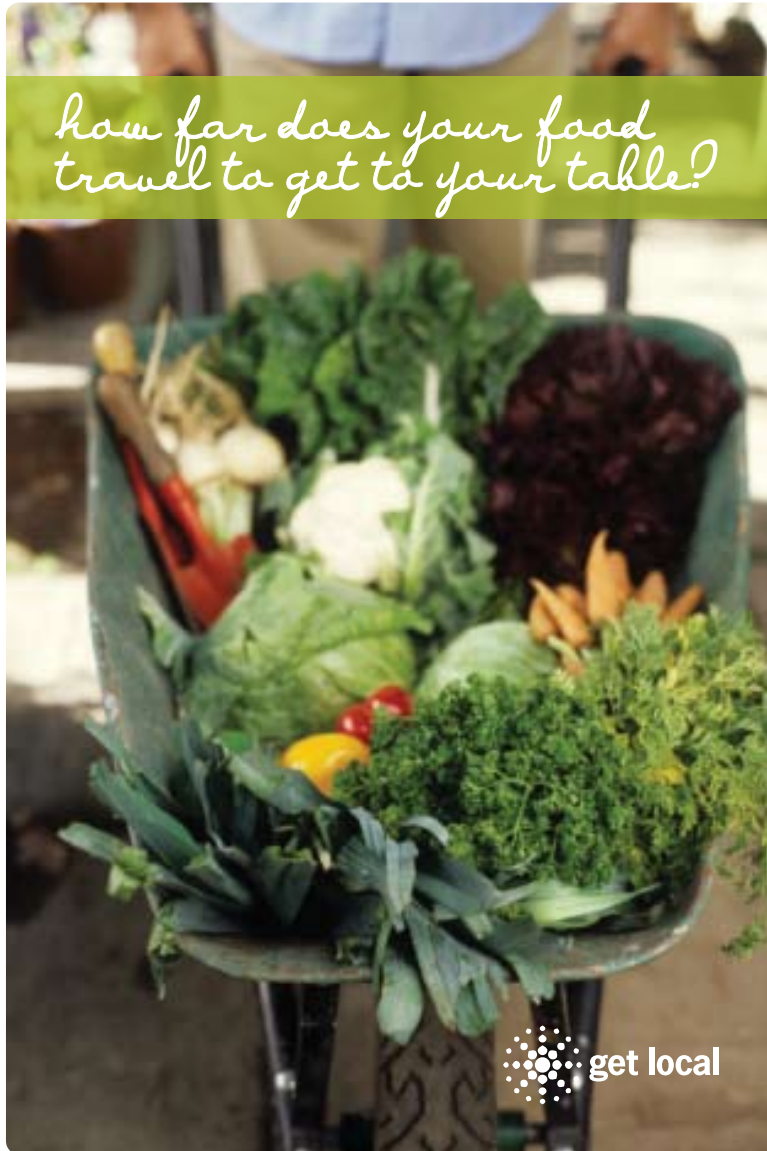


*how far does your food
travel to get to your table?*



eat local food

The average North American meal travels 2,400 km from farm to plate. Food transportation has a significant and growing impact on climate change, road congestion and air pollution. Buying locally produced food and beverages reduces 'food miles' that are harmful to our environment and our health.

Over 5,000 farms in the Lower Mainland — most of them family-owned — are growing fresher, tastier, and often more nutritious food than imported produce. Supporting BC's growers and producers protects farmland, family farms, and contributes to a healthy regional economy.

When shopping for groceries or dining out, look for food and beverages grown and produced closer to home. Supporting BC's food and beverage producers means strengthening our local food system and ensuring a supply of fresh, healthy food for your family — now and for future generations.

Where can you get local? Go to www.getlocalbc.org

