

EAT LOCAL

Did You Know?

- * Eating fresh & local cuts emissions and energy use from trucking while eliminating preservatives in your food.
 - * Food typically travels 1500-2500 miles to our plates.
 - * California & Canada trade millions of dollars worth of cherries every year.
 - * Every dollar spent locally generates twice the income for our local economy.
 - * San Diego has farmers markets six days a week.
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What You Can Do:

- * Shop at the farmers market you like best.
- * Eat foods that are in season.
- * Subscribe to Community Supported Agriculture (CSA).
- * Plant your own garden.
- * Seek out and support restaurants that use local food.

Want to know more?

www.guerrillagogo.org

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