



Franklin County/North Quabbin Region

10 Good Reasons to Buy Locally Grown



1 Locally grown food tastes and looks better.

Crops marketed close to home are picked at their peak and usually sold within 24 hours of harvesting. Food imported from far away must travel on trucks or planes and then it is stored in warehouses.

2 Local food supports local families.

The wholesale prices that farmers get for their products are usually very low, sometimes not more than the cost of producing them. Local farmers who sell directly to consumers cut out the middleman and can get full retail price for their food—which helps farm families be able to afford to continue farming their land.

3 Local food builds trust.

With all the issues related to food safety and homeland security, there's an assurance that comes from looking a farmer in the eye at the farmers' market, or driving by the fields where your food comes from.



4 Local food builds community.

When you buy direct from a farmer, you're engaging in a time-honored connection between eater and grower and you're supporting a local business. Getting to know folks who grow your food helps you know more about the place you live. In many cases, it gives you access to a place where you can go to enjoy nature and the seasons, and to learn more about how food grows.



5 Local food preserves open space.

When farmers get paid more for their products from nearby shoppers, they're less likely to sell farmland for development.

6 Local food keeps taxes down.

According to several studies, farms contribute more in taxes than they require in services, whereas most residential development contributes less in taxes than the cost of required services.



7 Local food benefits the environment and wildlife.

Massachusetts farmers are leaders in the use of environmentally sound growing practices. Our farms encompass a patchwork of fields, meadows, woods, streams, and ponds that provide essential habitat for wildlife.

8 Local food makes a lighter carbon footprint.

On average our food travels 1,500 miles from farm to plate. Moreover, each calorie of food produced requires an average of 10 calories of fossil-fuel inputs from travel, refrigeration and processing. Purchasing locally-grown food is a simple way to address the increasing expense of fossil fuels and the adverse effects of global warming from increased carbon emissions.

9 Local food preserves genetic diversity.

In industrial agriculture, plants are bred for their ability to ripen uniformly, withstand harvesting, survive packing and last a long time on the shelf, so there are only a few varieties in large-scale production. This leaves our food supply vulnerable to disease or disaster. Smaller local farms, in contrast, often grow many different varieties to provide a longer season, an array of colors, and the best flavors.



10 Local food is an investment in our future.

When you buy locally grown food, you're helping to preserve the strength and character of our community for our children and grandchildren.



HEALTHY BODIES



ACTIVE MINDS

**Strategies to Increase Student Health
& Academic Performance**

**Franklin County, Massachusetts
October 2014**

FRANKLIN COUNTY CDC
COMMUNITY DEVELOPMENT CORPORATION
WESTERN MA FOOD PROCESSING CENTER
Serving Western Massachusetts

Greater Quabbin
All Food Alliance

CISA
MASSACHUSETTS
community involved in sustaining agriculture
Farm to School



Mass in Motion
FRANKLIN COUNTY
Communities that Care
COALITION



Partners



Photo Credit: Paul Franz, courtesy of The Recorder

Greenfield schools, Greenfield, MA



Clarkdale Fruit Farms, Deerfield, MA



Greater Quabbin Food Alliance, Orange, MA



Squash Distributors, Belchertown, MA



Just Roots Community Farm interns, Greenfield, MA

WESTERN MASS LOCAL FOOD PROCUREMENT TRAINING



[CLICK HERE
TO REGISTER](http://tinyurl.com/fcftatraining)

Or go to <http://tinyurl.com/fcftatraining>



Photo by Paul Franz, courtesy of the Greenfield Recorder

Danielle Fleury, Farm to School Regional Lead from USDA's Food and Nutrition Service (FNS) Northeast regional office will provide a **free** training on the basics of federal procurement regulations, and then dig into some strategies to target local foods in accordance with those regulations.

Additional presentations and time for networking with MA Farm to School, the CDC Food Processing Center, and more!

WHO SHOULD ATTEND: K-12 Food Service Directors, Procurement Staff, and Business Managers

WHEN: Tuesday November 17, 2015 from 2:00 - 5:30 pm.

WHERE: The Community Room at the John W. Olver Transit Center, 12 Olive Street, Greenfield, MA 01302

FOOD: Delicious local Fall treats!

ORGANIZED BY: The Franklin County Food Council

FRANKLIN COUNTY CDC Greater Franklin County Food Alliance CISA community involved in sustaining agriculture MASSACHUSETTS Farm to School





Franklin Regional
Council of Governments

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Mass in Motion
FRANKLIN COUNTY

Communities that Care
COALITION

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Franklin County CDC

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