



## LOCAL FOODS at HOME

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Local food is the production, process, distribution and consumption of food within a specific region, usually 100 miles from farm to fork. A focus on local food is essential for a sustainable economy in Cleveland because of its environmental benefits and because it is an economic driver. You can make a big impact by eating local foods at home. Check out the tips below and [share your success story here!](#)

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**Shop at Farmers' Markets:** You'll benefit from fresher produce while reducing your carbon footprint. Locate a farmers market in the [Community Food Guide](#).



**Join Community Supported Agriculture (CSA):** A farmer offers shares of their produce to the public and consumers purchase a share to receive a variety of weekly produce. Find local CSAs in the [Community Food Guide](#).



**Eat a [climate friendly diet](#)** by eating local and consuming a more plant-based diet.