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!

- **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.