

SHOP AND EAT LOCAL

Shopping and eating locally means more of your money stays in the community, providing jobs and improving the economy. It can also mean a reduction in the environmental impact, compared to larger chain stores and restaurants. Here are some tips for shopping and eating locally:

1

- **Buy locally grown and produced food:** Buying local is better for you, the environment and the local economy. The average piece of produce in the U.S. travels 1,500 miles, while local food may travel only 100 miles (or less). When local farmers are well compensated, they are less likely to sell their land to developers. This helps preserve green space that can draw down harmful carbon and reduce flooding. Farmers markets throughout the KC Metro area are open from spring to fall.
- **Patronize local restaurants that partner with local growers:** Look for local restaurants that offer “farm to table” cuisine. You’ll support a local business while reducing the impact on the environment due to storing and transporting.

2

- **Join a CSA program:** Community Supported Agriculture (CSA) creates a partnership between you and the farmer. Subscription plans allow you to become a shareholder of a local farm, and in return you enjoy a weekly share of food directly from the farm.



2

- **Look for items that are made locally or Made in America:** Local businesses typically consume less land and locate closer to residents than big chains. This means there is more green space to absorb heavy rains and lessen air pollution. In addition to providing more jobs, local companies provide a unique selection of products not available anywhere else. Buying from a local retailer also keeps 4 times the amount of money in the local economy compared to chains.

3

- **100% local Christmas:** Supporting local vendors and shops improves the economy, supplies local jobs and lessens the impact on the environment caused by large chain stores, and you get to give unique and thoughtful gifts. Commit to buying 100% of your Christmas presents locally.

ADDITIONAL RESOURCES

Cultivate KC

cultivatekc.org/localfoodresources

Eat Local KC

eatloalkc.org

Made in Kansas City

madeinkc.co

buy good. feel good.

buygoodfeelgood.com



These links and other local resources are available at resurrection.church/earthcor.

Resurrection, A United Methodist Church

13720 Roe Ave. | Leawood, KS 66224

www.resurrection.church