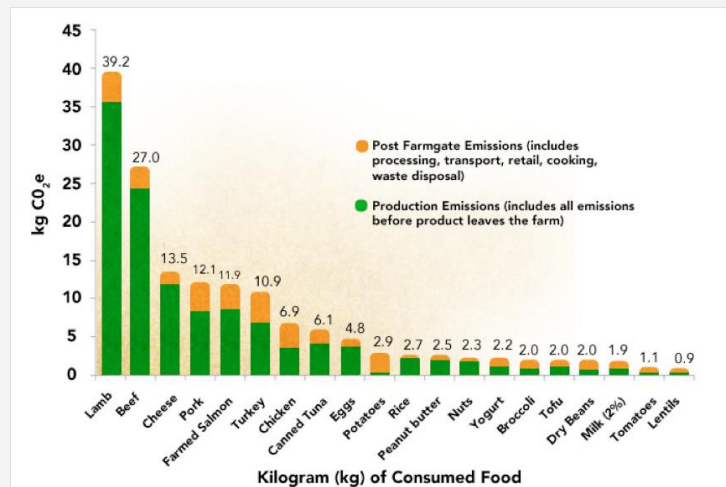


# ↔ Eat Local ↔

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- Sustainability is a very important topic in today's world. It is the earth's ability to support diversity and prosperity for as long as possible. Humans have been impeding sustainability, drawing cause for concern.
- Greenhouse gases such as CO<sub>2</sub> are a leading cause of the decrease in sustainability. The average family produces about 8.1 tons of CO<sub>2</sub> for food per year. Even though this number might seem small (36 million kilotons are emitted every year) you can see how changes made on the local scale can have big effects on the global scale (Weber and Matthews 2008).
- Eating locally can help reduce this “carbon footprint” in many different ways. Transportation of foods cause an increase in CO<sub>2</sub> in the atmosphere. Four percent of greenhouse gas emissions comes from transporting food. However, by eating local foods the need for long distance transportation would be removed. This would result in a reduce of .36 tons of CO<sub>2</sub> a year (Weber and Matthews 2008). Elimination of long distance transportation would has help in reducing the prices of food.
- Local eating is a great way to help build smaller communities. Farmers markets are a nice space for communities to gather and it also economically keeps money in your area!
- Currently most of the U.S eats from a global food web, getting different things shipped in from all over the world. However, once people start eating local their respective food web will become substantially smaller. This means that if there is a natural disaster wiping out a local food source the community would be left with nothing. Even though this is a negative effect of eating locally the benefits still outweigh the costs. You can easily switch back to eating non-local food when needed, but living in an area systematically requires transportation from food is less sustainable.



1. Antoinette. Buying Local: Do Food Miles Matter? Harvard Extension School. 2017 Jul 10 [accessed 2017 Oct 31].
2. Weber C, Matthews H. Food-Miles and the Relative Climate Impacts of Food Choices in the United States. 2008 Mar [accessed 2017 Oct 26].