

# LOCALLY PRODUCED FOOD

Buying locally produced food is more sustainable than buying globally produced food

## LOCAL AND GLOBAL IMPACTS:

### Local:

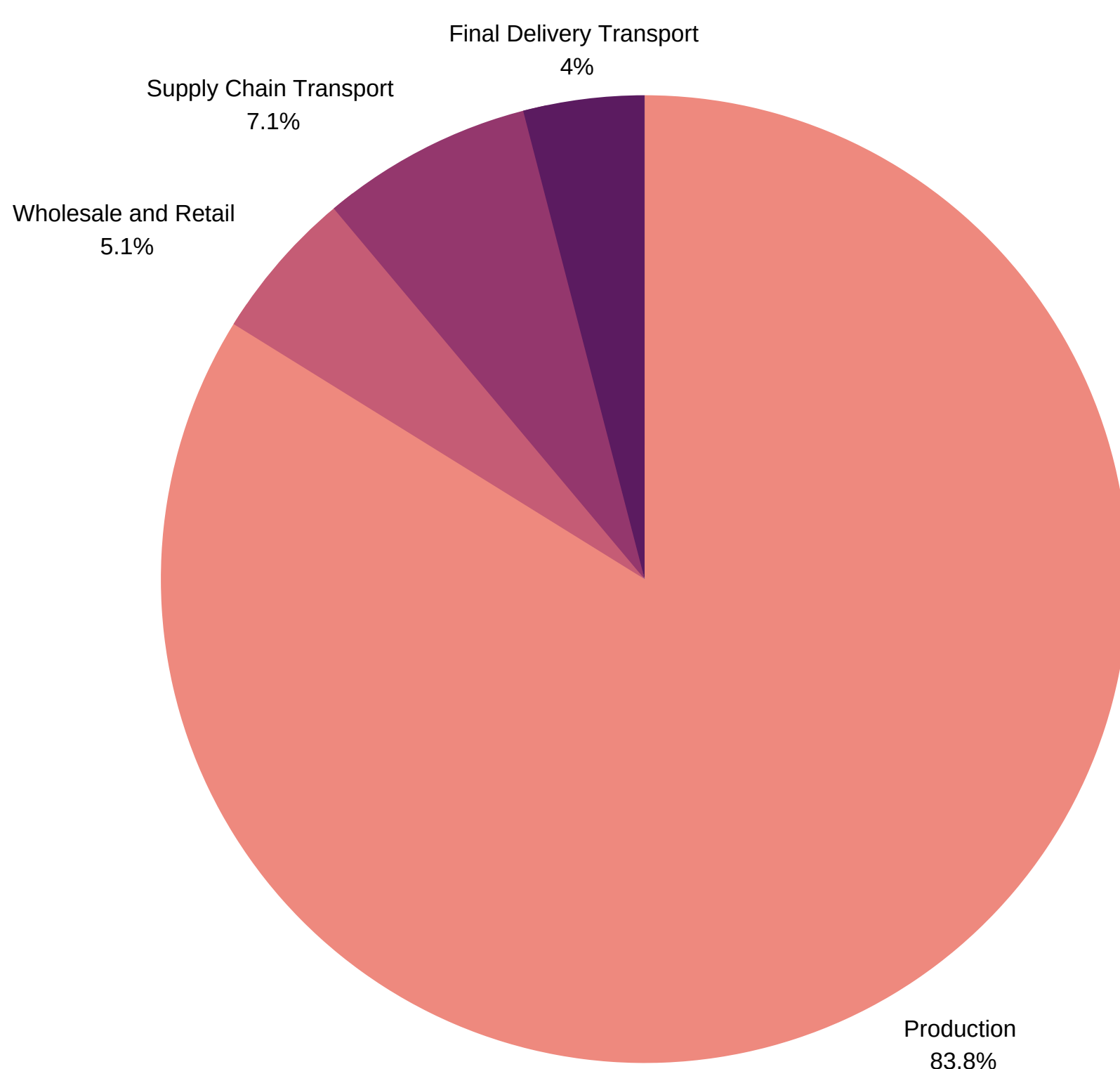
- Local food is food that travels no more than up to 400 miles as opposed to the global food which travels on average 1500 miles in the United States (Cho 2012).
- Local food uses less pesticides, fertilizers and less monoculture which is better for the environment (Cho 2012).
- Those who choose to produce locally often small farmers that adopt sustainable practices and produce, transport, package and distribute their own foods =small supply chain which is better for the environment (Shindelar 2015).
- The ones making the food are the one's enjoying the food, food becomes less of a commodity.
- Similarly, the local community is deciding which food to produce seasonally, rather than at the whims of the global market (Klavinski 2013).

### Global:

- Conventional transportation uses 15x more fuel and 17x more CO2 than local system (Shindelar 2015).
- Global supply chains are much larger and more harmful to the environment than local ones as they require production, transportation, packaging and distribution that is carried out by many different corporations and companies.
- Global food often advertises as organic or local but is not.
- Avoiding exploitative trade practices which continue the colonial project (such as sugar cane exploitation).

## FOOD EMISSIONS BREAKDOWN (%)

PERCENTAGE OF GREENHOUSE GASES USED AT EACH STAGE OF FOOD PRODUCTION



SOURCE WEBER AND MATHEW 2008

## Pros and Cons of Eating Local:

### Pros:

- People can interact with the farmers and know what they are eating and how it was grown/ raised.
- More money is going into the local economy local farmers as a whole have an 8.7 billion farm revenue (FoodPrint 2021).
- The supply chain is small as farmers do a lot of the packaging, transportation and processing of the foods themselves (FoodPrint 2021).
- Often local means people are eating foods with more nutrients and foods that are in season which is healthier (Cho 2012).
- Farmers decide how they spend their money and what they spend it on (FoodPrint 2021).

### Cons:

- There is not an exact definition of local and companies such as Lays have often tried to take advantage of it (FoodPrint 2021).
- If local farming means growing a food that is not local to the region just to be local than it can cause more harm than good to the environment (Staropoli 2019).
- It can be harder for small farmers to compete with the large corporations that dominate farming, agriculture and food production.

### Political and Societal Limitations:

- It is much more expensive for people to eat locally.
- Often it takes more time and effort to eat locally as people have to go to the farmers markets and farms which can be harder and take more time than running to the store and grabbing nonlocal food.
- People may believe they are eating locally if they are buying food from a store or restaurant that brands it as such but sometimes this is not correct advertising and therefore stronger policies and definitions need to be in place.

## PERSONAL AND SYSTEMATIC:

### Personal:

- If a person eats locally they can make sure they are consuming food that has been planted without or with less pesticides and chemical fertilizers, are generally eating less processed foods and are interacting with the farmers who grow the food.
- The food is fresher and has not been picked before ripe so more nutrients (Amission 2021).
- Locally grown food has more nutrients and is in season (Amission 2021).

### Systematic:

- Less travel time is better as the transportation of food makes up 11% of greenhouse gases (type of transportation matters but overall local is travelling less). (Cho 2012).
- Less monoculture-only growing one crop.

### Conclusion:

We conclude that buying and eating locally grown food is more sustainable as local farmers have been shown to use less pesticides and fertilizers which is better for the environment and the health of the person consuming the food. Local farmers tend to care more about the environment and use less monoculture therefore causing less damage to the environment. Locally grown foods have more nutrients and are less processed than globally sourced ones and are therefore better for the people who consume them. Locally produced foods result in less human exploitation and human rights violations.

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