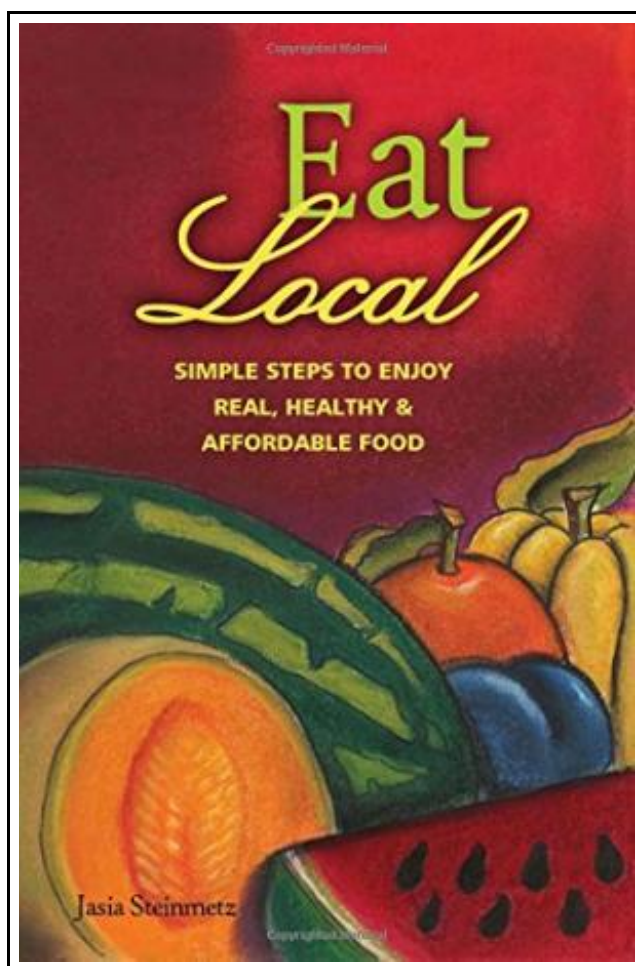


## Eat Local: Simple Steps to Enjoy Real, Healthy Affordable Food



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## EAT LOCAL: SIMPLE STEPS TO ENJOY REAL, HEALTHY AFFORDABLE FOOD



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New World Publishing, Ltd (VA). Paperback. Book Condition: New. Paperback. 196 pages. Dimensions: 7.8in. x 5.3in. x 0.6in. Your Essential Guide to Enjoy Local Foods! Eat Local is an essential guide for enjoying local foods. While many have heard about local foods, most don't know how to go about changing their food choices and integrating local fare into their menus. This book is a concise, easy-to-digest handbook for those interested in improving their diets and menus with local, sustainable food choices. What you will learn: Eat Local - Why and how to find, purchase, preserve and use local foods; Benefits of local foods - health, economic, environmental, and otherwise; Seasonal local food eating strategies; Convenience: how purchasing local foods can be far more convenient than you think; How to properly pick local produce; Important questions to ask the farmer, grocer or other food purveyor; Children's Health: How locally grown foods can be integral in the fight against childhood obesity, while also better promoting family traditions, and more. Saving Money with Local Food - Practical shopping tips to save money with local foods, including a whole chapter devoted to money saving tips at farmers markets; Eat Well - Local food cooking and preparation tips, slow food, organic and sustainable choices, plant-based diet options and more; The Local Food Movement - Change and improve our runaway food system for future generations, such as supporting school gardens or farm-to-school programs and hunger projects, farmland protection, etc. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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