

THE LOCAL FOOD CHALLENGE IS A
PROGRAM OF THE FOR FARMERS MOVEMENT

THE LOCAL FOOD

CHALLENGE

FUN, EASY & THOUGHTFUL WAYS TO SUPPORT YOUR
FARMERS, HEALTH, COMMUNITY, ENVIRONMENT
& BUILD YOUR LOCAL ECONOMY

worksheets

FORFARMERSMOVEMENT.COM

THE LOCAL FOOD CHALLENGE

A Program of the For Farmers Movement

How Local is Your Kitchen? Give your FRIDGE a Grade!

Good for you for joining the Local Food Challenge!!

Most Local Stuff	Least Local	Items to Find More Locally

You can also make some notes on the back.

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How Local is Your Kitchen? Give your PANTRY a Grade!

Good for you for joining the Local Food Challenge!!

Most Local Stuff	Least Local	Items to Find More Locally

Maybe make a note of anything that might be GMO?

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How Local is Your Kitchen? Give your SPICE CABINET a Grade!

Good for you for joining the Local Food Challenge!!

Most Local Stuff	Least Local	Items to Find More Locally

Most spices are irradiated before reaching the US.