On average, food purchased at any grocery store across the US has traveled 1,500 miles before it hits the shelves. But local food makes it to your plate less than 50 miles from where it was grown. When you serve local food at your table, you can trust that your food was grown with love by real people in our community—and you can taste the difference.

From farm to fork, local food connects urban and rural communities. Cities depend on rural farmland to grow food and farmers depend on cities to buy it so they can keep farming.

Food Brings Communities Together

ssfoodsystemnetwork.org
Making sure that everyone in our community has enough good food to eat brings a wide range of organizations and volunteers together. Each year, thousands of volunteers support the Thurston County Food Bank, Senior Services of South Sound, GRuB, and many others!

Bring your community together around food by:

• Sharing a home-cooked meal with family & friends
• Buying food at a farm stand or farmers’ market
• Scheduling a visit with a local farm to meet the farmer
• Eating at restaurants that source local food
• Volunteering at a local organization that helps get food to those who need it