

What can you do to keep your money in our community?

- ☑ Look for labels at grocery stores and co-ops for local companies that produce food sustainably, prioritize the environment and pay fair wages
- ☑ Shop farm-direct by buying produce and other products at farm stands and at farmers' markets
- ☑ Purchase a CSA (community-supported agriculture) share from a local farm, and get a box of farm-fresh produce for your household at regular intervals during the harvest season
- ☑ Eat at restaurants featuring ingredients grown by local farmers
- ☑ Encourage your school district to include local produce in school meals



Calliope Farms stand photo courtesy of Olympia Farmers market.

VOTE with your dollars by supporting local food companies, such as South Sound vegetable, meat, egg, dairy and shellfish farmers and craft breweries, distilleries and creameries.

ssfoodsystemnetwork.org

