



Eat Local, Eat Healthy 2016-18 NVON Project in Common

Our Project in Common guidelines state that the project should rotate between international, national and membership. Water Around the World, an international effort will be completed this year.

The **2016-18 Project in Common, *Eat Local, Eat Healthy*** will emphasize the local foods movement. Our food now travels an average of 1500 miles before ending up on our plates. This globalization of our food supply has serious consequences for the environment, our health, our communities and our taste buds. The local foods movement is a collaborative effort to build more locally based, self-reliant food economies. In 2007, locavore was the American Oxford Dictionary Word of the Year. Do you know what it means? A locavore eats food that is produced within 100 miles of their home, whether from farmer's markets, community supported agriculture or grow your own.

At the turn of the 20th century, most of the food that we ate came from within 50 miles of where we were eating it. But as the American demographic shifted from rural to urban, many local food sources disappeared. Aided by improvements in distribution from interstate highways and overnight shipping, we started looking farther and farther away from home for our food. Or, rather, we weren't looking at all. We'd walk into supermarkets or restaurants and choose from the bounty of products that the big trucks had dumped at our doorstep. Consumer choices about food spending and diet are likely to be influenced by the accessibility and affordability of food retailers--travel time to shopping, availability of healthy foods, and food prices. The return of locally sourced produce is a recent phenomenon.

Eat Local, Eat Healthy encourages each member state to work closely with the local foods movement at your respective Extension Service. There are many ways to participate:

- local farmers markets
- food coops
- community supported agriculture
- school gardens
- or grow your own.

Circles of 10 is a volunteer opportunity to engage individuals/consumers increasing local food action in your county by simply starting conversation. And, building demand for local foods is a proactive way to improve:

- your health.
- your community.
- your environment.
- and your local economy.

Reporting will be done via a simple form that captures information in each aspect of this project . . .the local foods, the Circles of 10 and grow your own. Many of you will only visit and purchase from the local food venues. Others will volunteer for the movement; still others will help start one in your community.

We will be publishing an annual report back to the membership and would like to include your pictures and testimonials of how you've touched or changed lives of yourself or others around you.



Eat Local, Eat Healthy

2016-18 NVON Project in Common

Report for Year _____

Club _____ County _____ State _____

Contact Person _____ Email _____ Phone _____

Address _____

In each area below, please report your participation/accomplishments. Use additional paper, if needed.

Local Foods

Venue	Number of visits	Volunteered	Organized	Joined
Local Farmers Markets				
Local farmers/roadside stands				
Farm to Table restaurants				
Community Supported Agriculture (CSA)				
Food Co-op				
School Garden				

Circles of 10

Venue	Number reached
Businesses	
Local farmers/roadside stands	
Farmers Markets	
Community Supported Agriculture (CSA)	
Food Co-op	
Distributed Brochures	
Engaging other volunteers	

Grow your Own

	Yes	No
Container		
Bed		
Plot		
Acreage		

Send state report by May 1 to:

Wanda Denning, NVON V-P
 2635 Carlie Adams Road
 Willow Springs, NC 27592
 919.552.9844
 wwdenn@gmail.com

We will publish an annual report back to the membership that captures your activities. Please include pictures, brochures, testimonials, etc.