

Local Food is Good Food

Finding local food in the Garden City—or any city



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In recognition of Earth Day (April 22nd), this week's Eat Smart e-newsletter will once again focus on food choices that are good for both our bodies and the earth – specifically local foods. **Why local foods?** Local foods travel a much shorter distance to get to your dinner plate, which means fewer preservatives, less packaging, and less fuel (the food industry uses nearly a fifth of the petroleum consumed in the U.S. - about as much as cars do).

Finding local foods in your community. Missoula is lucky to have many individuals, coalitions, organizations and businesses that embrace local foods. Here are just a few of those community resources:

- **The Missoula Farmer's Market.** Not only can you find fresh fruits and vegetables, but you'll also find meat, cheese, homemade jams, baked goods, and other locally made products that support our local economy. *Mark Saturday, May 3, on your calendar as the start of this year's markets in Missoula!*
- **The Missoula Community Co-op.** Started as a buying club through the North Missoula Community Development Corporation (NMCDC), the Co-op now has its own store dedicated to providing healthy, affordable food that is locally produced whenever possible
 - www.missoulacommunitycoop.com.
- **The Community Food and Agriculture Coalition (CFAC).** One of CFAC's many projects is working to get local schools and restaurants to buy more local foods.
 - <http://www.umt.edu/cfa>.
- **Garden City Harvest Project: "Putting the Gardens Back into the Garden City."** GCHP developed a four-acre Community Supported Agriculture teaching Farm, as well as a network of Neighborhood community gardens.
 - <http://www.gardencityharvest.org/index.html>.
- **The Good Food Store** – a locally owned grocer that offers a wide variety of both local and organic products. For more on their products, store specials and cooking classes: www.goodfoodstore.com.



A few more resources related to local foods...

- For Farmer's Markets throughout Montana: http://www.aeromt.org/farm_markets.php.
- To find local co-ops, farmer's market's and local farms in your area go to <http://www.localharvest.org>.
- For more information on the importance of local foods, check out Michael Pollan's *The Omnivore's Dilemma: A Natural History of Four Meals*, Barbara Kingsolver's *Animal, Vegetable, Miracle: A Year of Food Life*, or Marion Nestle's *What to Eat*.