



Take the challenge!
<http://go.osu.edu/olfw10dollars>

You are invited to participate in the \$10 Ohio Local Food Week Challenge

There is not one definition for “local” food. When making food decisions, many people consider where their food was grown or raised and make an effort to develop personal connections with growers and producers to enjoy flavorful, safe, local food. Ohio Local Foods week is not only about enjoying the tastes of local foods but is also about becoming more aware and better informed about the nutritional, economic, and social benefits of local foods in Ohio.

August is a great time to celebrate Ohio Local Foods Week because of the availability of direct-to-consumer marketing of all products including a wide variety of fresh produce. The Ohio State University Extension Local Food Signature Program invites everyone to celebrate Ohio Local Foods Week from August 7th – 13th, 2016. We encourage individuals, families, businesses and communities to grow, purchase, highlight and promote local food *all* the time but especially during this week.

Just as there is no one definition for “local”, there is no one way to celebrate Ohio Local Foods Week. You are invited to participate in the \$10 Ohio Local Foods Challenge by committing to spend at least ten dollars (or more) on your favorite local foods during Ohio Local Foods Week.

To find local foods, check out these online directories at <http://localfoods.osu.edu/resources/ohio-local-food-directories>

Sign up at <http://go.osu.edu/olfw10dollars> for the \$10 Ohio Local Foods Challenge.



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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