

# What is Local Foods Week?

During the second week in August, Ohioans all across the state are encouraged to grow, purchase, highlight and promote local food. Join us as we learn about where food comes from and how it gets from the farm to our plate!

## Take the \$10 Local Food Challenge!

During Local Foods Week, try to spend at least ten dollars on your favorite local foods!

Sign up on our website ([go.osu.edu/olfw10dollars](http://go.osu.edu/olfw10dollars)) and be sure to follow the Ohio Local Food Week event on Facebook and Twitter #LocalFoodsOH



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**Web:** [localfoods.osu.edu](http://localfoods.osu.edu)

**Twitter:** @OHLocalFoodWeek

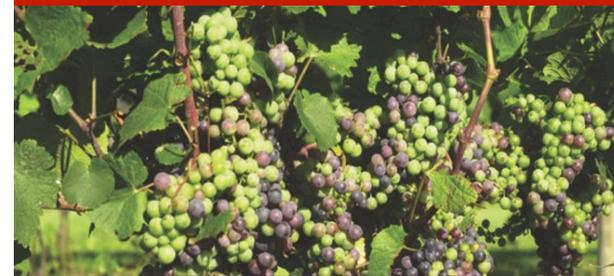
**Facebook:** OHLocalFoodWeek



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OHIO STATE UNIVERSITY EXTENSION



# Celebrate!

Ohio Local Foods Week

Celebrate local, fresh,  
and healthy in ...

# OH-IO!

#LocalFoodsOH



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# What is Local Foods?

There is no 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. Explore more at:  
[go.osu.edu/learnaboutfood](http://go.osu.edu/learnaboutfood)

## Why Do We Celebrate?

- Agriculture is the number one industry in Ohio contributing to over \$107 billion each year to the states' economy.
- One out of every seven Ohioans is employed in the agriculture industry.
- Ohio offers a unique mix of urban and rural communities in close proximity to one another, making it easy for anyone to gain access to fresh (and healthy) local foods.
- All Ohioans are part of the food system just by making daily decisions about what food to eat.



## How Can I Participate in Local Foods Week?

Whether you are a food producer, seller, or consumer, there are many ways to celebrate local foods week. Some ideas to get you started are:

- Participate in the \$10 local food challenge: [go.osu.edu/olfw10dollars](http://go.osu.edu/olfw10dollars)
- Use a newsletter, poster, flyer, or social media to share what local foods means to you and your business
- Visit a farmers' market or farm stand
- Eat at a restaurant serving local food
- Visit a community garden or farm
- Share stories and photos of what local food means to you on social media:

#LocalFoodsOH



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For more ideas on how you can participate please visit our website: [localfoods.osu.edu](http://localfoods.osu.edu)