

what is “local” food?

Local food is grown, raised, harvested, or processed within a limited number of miles from its consumer. There are no official standards that define “local food.” Organizations supporting sustainable food practices often set their own guidelines — typically 500 miles or less.

Local food travels a relatively short distance from farm to table, resulting in fresher produce picked closer to its peak ripeness. Shorter distances also reduce the use of fossil fuels and greenhouse gas emissions.¹ Local food benefits local economies as local farmers typically spend their dollars within the community.²

Local Food at Bruin Plate

Bruin Plate purchases a variety of foods from local producers. Examples include produce from *Scarborough Farms* in Oxnard, poultry from *Pitman Family Farms* in the San Joaquin Valley, and dairy products from *Rockview Farms* in the L.A. basin.

Tips for Eating Local

- Eat seasonally! Eating produce during their specific California growing season means you are more likely to eat locally-grown foods. Check out what’s in season at:
<http://www.sfma.net/consumer/inseason.shtml>
- Buy groceries and snacks at farmer’s markets. Try out the weekly farmer’s markets in nearby Westwood Village, Santa Monica, and even Bruin Plaza!

Source:

1. Frith, K. (2007). Is local food more nutritious? *Harvard School of Public Health*.

2. Halweil, B. (2002). Home Grown: The Case for Local Food in a Global Market. *Worldwatch Paper 163*.



At Bruin Plate, we focus on sustainable food purchases and other efforts that impact the environment and our community. Sustainable food systems support the long-term health and well being of both people and the planet.