Environmental Benefits

- Reduce Carbon “Foodprint”
  By eating locally grown foods you help reduce the fossil fuels related to food transportation to market.

- Preserves Green Spaces and Farm Land
  Green spaces reduce flooding, help filter air pollution, support wildlife, and decrease the heat island effect in cities.

- Minimize Toxic Chemicals
  Many gardens and urban farms try to reduce pesticides, herbicides, and dependency on fossil fuels. Organic growing reduces water pollution from fertilizer and pesticide runoff which can contaminate groundwater.

SNAP Benefits
Local farmers’ markets in Dallas and Fort Worth accept food assistance, making purchasing local fresh foods accessible.

Investment in Your Community
Buying food from local businesses help sustain community wealth.

More Jobs
Shopping local encourages more start-ups and increases job opportunities for area residents.

Greater Variety
Growers produce a wider range of produce than grocery stores and will grow food based on demand.

Social Benefits

- Food Security
  Supporting local increases food access in the area.

- Community Togetherness
  Local growers often provide safe outdoor gathering spaces.

Education Spaces
Local growers often offer training, hands-on workshops and work days.

Health Benefits

- Stress Relief
  Gardening and farming can reduce the stress hormone Cortisol.

- Nutrient Dense
  Local food is higher in nutrients because it ripens naturally and spends less time in storage. Food tastes better and lasts longer!

Plant-Based Diet
Growing veggies increases exposure to fresh foods. People tend to eat what they grow.

Immunity and Mental Health
Beneficial microbes and bacteria are a natural antidepressant and can boost the immune system.

Exercise
Movement related to growing food burns calories and engages various muscles groups. Three hours of moderate gardening can equal one hour of gym time.

Economic Benefits

- SNAP Benefits
- Economic Benefits

- Greater Variety

- Plant-Based Diet

- Immunity and Mental Health

- Exercise

Non-Local Food Facts

- On average, food spends 14 days on a truck before reaching the store
- Produce is picked unripe, then gassed with ethylene to ripen after transport

Farm to Market Food Facts

- Processed food travels 1,300 mi
- Produce travels 1,500 mi
- According to the Worldwatch Institute, food transportation is the “fastest growing source of greenhouse gas emissions”.

Sustainable and Regenerative Practices
Some growers compost and harvest water.

- Water harvesting captures and stores water on site from rainfall, natural waterways and lakes to use for food cultivation while reducing groundwater usage.

- Composting builds natural hummus, a rich soil amendment, and fertilizer from organic material such as leaves, manure, and food scraps.

Economic Benefits

- Benefits of Supporting Local Community Gardens & Urban Farms

Educational Spaces
Local growers often offer training, hands-on workshops and work days.

Food Security
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** organiclesson.com

** organiclesson.com

*** cuesa.org

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sustainable_unthsc
unthsc.edu/sustainability
Ways to Engage in the Local Food Movement

DONATE  Food, money, supplies to local charities, gardens, and farm businesses
- Search online for local food banks to support
- Look for the “DONATE” button on the farm or garden site
- Contact the program coordinator or farm manager about donations

BUY  from local urban growers incorporating sustainable practices
- Choose from over 40 farmers’ markets in DFW
- Sign up for a CSA (Community Supported Agriculture)
- You can order food from a farm online. Some farmers deliver or have drop off locations.

VISIT, JOIN, GROW
- Walk through a garden to get some fresh air and see what’s growing
- Start a flower, herb, or food garden
- Visit farmers’ markets and farms
- Start your own compost or drop off scraps at a nearby garden
- Volunteer at urban farms, gardens, and food distribution sites
- Rent a community garden plot or join a growing club
- Follow local growers on social media
- Join the Tarrant County Food Policy Council
- Watch online videos about sustainable growing practices

Check out these RESOURCES for local farms and gardens, markets, and programs
- Tarrant County Food Policy Council
- Green Source DFW
- Green Dallas
- American Community Gardening Association
- Texas Organic Farmers and Gardeners Association
- Cowtown Farmers Market and Dallas Farmers Market
- Tarrant Area Food Bank
- Fort Worth Composting Program