



WHAT DOES IT MEANS TO «EAT LOCAL»?

Eating local means giving preference to foods that are grown close to home, whether at the provincial or regional level or even in our own gardens! It also means eating in a more responsible and respectful way that benefits not only the environment, but farmers as well. Eating locally grown food has positive impacts for consumers, producers and the environment. We can take responsible eating a step further by gradually integrating organic and fair-trade foods in our daily menus.

For more information : www.equiterre.org/pourquoi-manger-local

1. TO DISCOVER THE VARIETY OF FOODS GROWN CLOSE TO HOME

Locally grown fruits and vegetables offer a freshness and quality that our taste buds crave. We tend to forget that our farmland produces a huge variety of produce. You can even eat local fruits and vegetables throughout the winter thanks to preserving techniques such as freezing, canning and pickling. There's nothing better than cooking with seasonal produce from Quebec to strengthen our connection with the food we eat, while re-discovering forgotten vegetables that are a valuable part of our heritage.

2. FOR THE EXCEPTIONAL FRESHNESS

By cutting down the travel time from farm to table, produce can be picked when ripe and consumed more quickly. Eating local guarantees exceptional freshness.

3. TO SUPPORT THE LOCAL ECONOMY

When we eat locally grown food, we encourage the farmers in our region who grow and sell fresh and seasonal produce. In short food supply chains such as local farmers' markets, farmers' stands, and community-supported agriculture, there is no intermediary between the farmer and the consumer, which means more money ends up in the pockets of farmers. Local consumption is also a good way to inject money directly into the local economy, boosting its vitality.

4. TO PRESERVE OUR FARMLAND AND AGRICULTURAL EXPERTISE

By choosing locally grown food, we ensure dynamic land use while preserving our agriculture heritage, including the know-how of our farmers, crop diversity, the agricultural landscape, pride in our farms, etc. Eating local guarantees food sovereignty by prioritizing local farming and favouring local markets over exporting.

5. TO REDUCE THE NEGATIVE IMPACTS OF TRANSPORTATION

Most of the food on our shelves has travelled an average of 2,500 km to get there, despite the fact that there are over 29,000 farms right here in Quebec! By consuming seasonal food that's grown close to home, we can reduce these distances and, by extension, the adverse impact of transportation on the environment.

6. TO AVOID OVERPACKAGED FOODS

Locally produced food doesn't need to be overpackaged to make its way to our tables. This limits its environmental impact and reduces waste. By choosing to buy local and in bulk (for example, farmers' baskets or public markets), you can help reduce the amount of plastic packaging polluting our environment. And that's a good thing when you consider that 70% of packaging in Quebec originates in the food industry!