



100 MILE THANKSGIVING

Resources for Community Facilitators

This PDF Designed by:

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**Meeting the needs of the present without compromising the ability
of future generations to meet their needs.**

Instructions for Bulletin Board Assembly

- The pictures of food should be attached to their location on the map with yarn or marker.
- The “So What is 100 Miles?” text box should go near the map.
- Go to <http://100milediet.org/get-started/map> to find the 100-mile radius for Santa Clara and draw this on the map provided in this PDF
- The 100-Mile Diet logo is downloaded from the website and can be used or not as you see fit.
- The images and text should be cut to size and attached to a colored background as a border.

**"Locally raised and produced food has
been called 'the new organic'-better
tasting, better for the environment, better
for local economies, and better for your
health. From reviving the family farm to
reconnecting with the seasons, the local**

**foods movement is turning good
eating into a revolution."**

-100 mile diet.org

The 100-Mile Diet encourages local consuming by suggesting that people eat, to the best of their ability, foods that come from no more than a 100-mile radius of their home.

**This November, join the challenge to enjoy
your Thanksgiving meal of locally-
produced foods. Whether it's just one dish
or the entire meal, see how you do trying
to eat locally.**

Why Eat Local?

- 1. Locally-grown foods have traveled less of a distance and are fresher, generally making them much better-tasting.**
- 2. Smart Consumerism: Unlike buying mass-produced, packaged food at a supermarket, purchasing food from farmers' markets makes it a lot easier to know where what you're eating is coming from.**

3. Social Opportunities: Building relationships with local farmers or working in a community garden allows for more social networking.

4. Eating foods that are locally grown helps you feel more in-touch with the seasons. Squash just tastes better in the fall than in March.

5. Become a connoisseur: Eating locally can introduce you to new flavors and varieties of common foods.

6. Exploring local farmers' markets can be a fun way to get to know your surroundings (not to mention all the free samples!)

7. Eating locally decreases the carbon footprint.

If you go on the 100-Mile Diet, you will be contributing to the consumption of 17 *less* gallons of oil and gas *per meal* than the average American diet.

8. Eating locally=supporting your local economy.

9. Undeniably, fresher food is healthier for your body.

You will feel better and likely even shed a few pounds-no need for a New Year's resolution involving hours at the gym!

10. It's fun! Every meal you make or every fruit you preserve for eating in the wintertime can be a creative activity and a way to make a memory.

11. You can even do it on vacation! Check out a local Mexican marketplace next time you hit the beach in Cabo.

12. "Eat Local, Get Laid": According to this article by Lou Bendrick, eating locally-grown foods means you have a much healthier diet, meaning a better body. Like pumpkin pie? He cites research that this favorite Thanksgiving dessert is linked to positive emotions. (Grist.org)

Some foods local to our area include:

Artichokes	Lemons
Carrots	Nectarines
Cucumbers	Pears
Eggplant	Raspberries
Horseradish	Beef
Olives	Cheese
Spinach	Clams
Sweet Potatoes	Honey
Blueberries	Turkey
Grapefruit	Eggs

If You're Eating These, You Definitely Aren't Eating Local:

Bananas	Maple Syrup
Chocolate	Macadamia Nuts
Cinnamon	Soy Products
Coffee	Sugar
Mangoes	Vanilla

A Few Sources of Local Foods:

Berkeley Farmers' Market (Berkeley)

Marin Sun Farms (Point Reyes Station)

Cowgirl Creamery (Point Reyes Station)

Mariquita Farm (Watsonville)

Want to Learn More?:

www.locavores.com – Bay Area farmers' markets and recipes for your Thanksgiving Dinner

www.ams.usda.gov – USDA Farmers' Market Dictionary

www.eatlocalchallenge.com – Get tips from other local eaters

www.slowfoodusa.org – Promotes the Slow Food sustainable eating lifestyle

Did You Know?

Last Thanksgiving, Bon Appetit prepared a 150-mile Thanksgiving Meal in Sunnyvale, CA.

As part of its Circle of Responsibility initiative, Bon Appetit acknowledges the importance of local eating and has established a 150-mile standard.

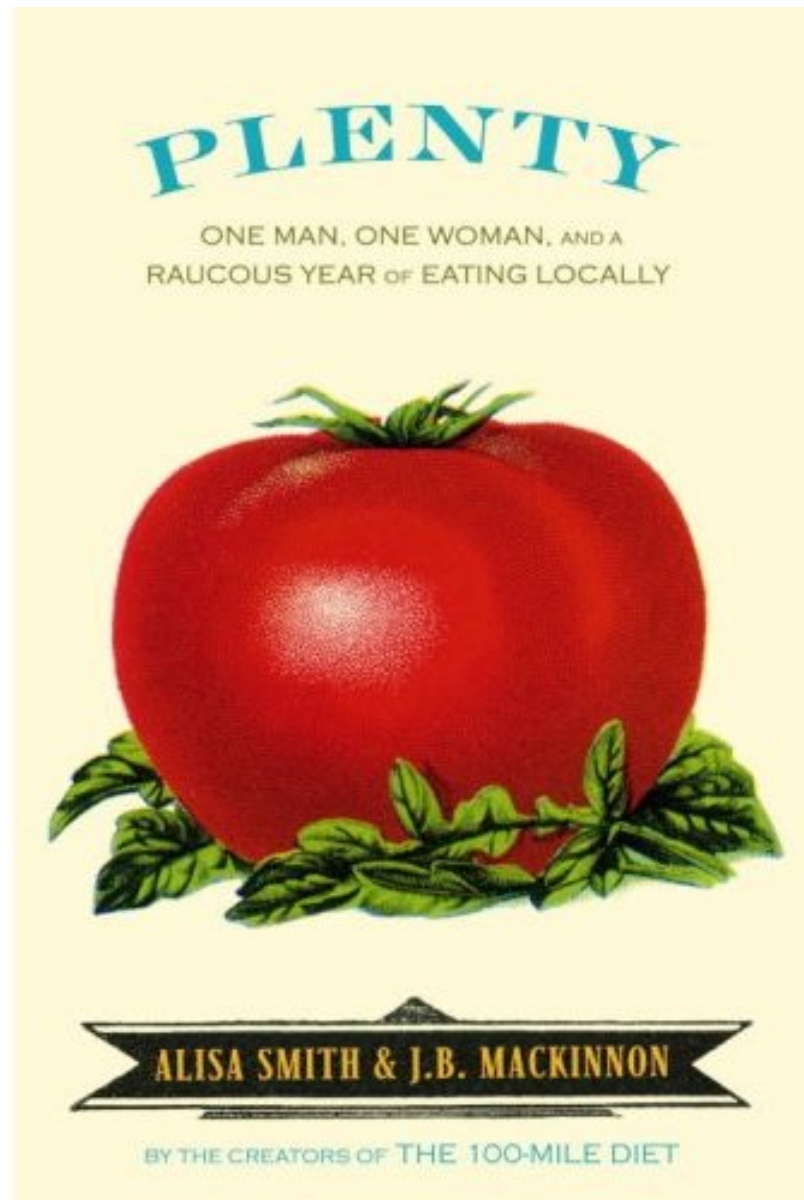
How do you think they're doing?

So, what exactly is 100 miles?

Here's Santa Clara's 100-mile radius, and some of the foods which can be found within it.



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Plenty written by the creators of the 100-Mile Diet about their experiences



Grass-Fed Beef, Marin Sun Farms in Point Reyes Station



Raw Cheese, Cowgirl Creamery, Point Reyes Station



Artichokes, Mariquita Farm in Watsonville



**Brickm maiden Whole Wheat Bread,
Berkeley Farmers' Market**



100-Mile Thanksgiving Sources:

www.100milediet.org

www.locavores.com

<http://www.wisefoodways.com/home.php>