

Challenge Levels

Choose the level that best fits your lifestyle:

EASIEST

Relaxed Localvore

For at least one meal per week, eat only locally grown, raised, and/or produced foods.

MEDIUM

Lifestyle Localvore

For at least one meal per day, eat only locally grown, raised, and/or produced foods with a few exceptions. Exceptions may include: non-local spices, cooking oils, vinegar, and spirits.

HARDER

Extreme Localvore

Every meal and snack is locally grown, raised and/or produced foods. Some of the locally produced items include: locally roasted coffee, locally brewed beer, and locally made chocolates.

HARDEST

Hardcore Localvore

Every meal and snack is grown or raised locally, with no exceptions! This means no grains (except from a local CSA), non-local spices, chocolate, coffee, spirits, etc.