

FREE



# Join Us for the 4th Annual EAT LOCAL CHALLENGE

Sign Up at Customer Service in August, Challenge takes Place in September

## Challenge Levels

### 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.

## About the Challenge

The Eat Local Challenge encourages the community to educate themselves about their food and where it comes from.

By taking the Eat Local Challenge pledge, participants agree to incorporate more local products into their diet, at a level that is comfortable to them, for the month of September.

Taking the Challenge is fun and easy! The Co-op asks participants to choose a level, learn about where their food comes from by way of individual research and tools provided by the Co-op, and fill out the provided pledge card as a reminder of your commitment to eat local.

## Learn More about Buying Local

The Co-op encourages its Eat Local Challenge participants to choose food that is produced within the 250 mile radius that comprises our bioregion. To make it easy, we provide you with detailed information about the sustainable practices of your local vendors and producers through a collection of profiles we call Trust Your Source. To view Trust Your Source profiles and a detailed map of our bioregion, visit [www.northcoastco-op.com](http://www.northcoastco-op.com).



## Love the logo?

**Every year the Co-op holds a contest to design a new Eat Local Challenge logo. This year's winner was Annie Hehner. Show your localvore spirit with an Eat Local Challenge T-shirt!**

**Find out how to get a FREE Eat Local Challenge bag on the back of this sheet.**



\$14.99 + tax

# Celebration Pot Luck

Sunday, October 2, from 5-7pm • Bayside Grange

It's competitive! Bring your best dish to share with fellow localvores. Vote for your favorite dish in each category:

- Best Localvore Dishes
- Best Preserved Food Entries
- Committee's Choice Award

Winners will go home with a Localvore Apron!



## In the Spirit of the Challenge:

- Voting takes place at 5:30pm, so please be on time. No competitive dishes will be accepted after 5:30pm.
- Please bring enough to share.
- Must contain at least 50% local ingredients.
- Please fill out a recipe card prior to the event, available on our website & at Customer Service. Recipe cards will also be available at the potluck.



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# Eat Local Challenge

## SEPTEMBER 2011

Pledge: I \_\_\_\_\_ (Name)

pledge to be a \_\_\_\_\_ localvore (Challenge Level)

for the the month of September. I aim to discover the wonders of my local food system, to try new things & to support fellow localvores .

Signature \_\_\_\_\_



Taking the Eat Local Challenge is FREE & based on the honor system.