

# ● Eight Good Reasons for Eating Organic, Local and In-Season Food

## For the Health of the Environment!

1. **Fewer Foodmiles:** The food that we eat travels an average of 2,400 km before reaching our plates. This transportation alone generates huge quantities of greenhouse gases that are released into the environment and that contribute to global warming. On the other hand, locally produced foods travel much shorter distances and causes much less damage to the planet.
2. **Less Energy and Packaging:** In addition to emitting greenhouse gases, food that travels long distances requires a lot more energy in terms of food preservation. It not only requires refrigerated trucks, which release harmful gases, but also packaging (and over-packaging), processing, additives and wax. Fresh, local food that we buy directly from farmers usually have no preservatives or very little packaging.
3. **Better for the Environment:** Organic farming uses production methods that are not harmful to the environment and that protect soil and water. It comes as no surprise then that there are more birds, mammals, insects and micro-organisms on organic farms than on conventional farms.

## For Your Health!

4. **Fewer Pesticides:** There are no pesticide residues on organically grown food. Which is why, after giving them a good rinse, you can bite into organic food without worrying. You can also have peace of mind knowing that the environment and the farmers were not exposed to pesticides.

5. **Better Nutritional Value:** Local, organic fruits and vegetables often contain more nutrients and vitamins than conventional ones. Because they spend less time travelling, are harvested at maturity, are often fresher and grow in richer soils, they are said to be healthier. A healthy diet can help prevent diseases such as type 2 diabetes.
6. **No traces of antibiotics or genetically modified organisms (GMOs):** Animals on organic farms are not given antibiotic supplements. Moreover, GMOs, whose long-term impacts on our health and the environment have yet to be well documented, are not allowed in organic farming. Organic foods are, therefore, better for our health.

## For the Health of Local Farms!

7. **More local farms and better income for our farmers:** Small local farms contribute to the well-being of the environment and the vitality of rural communities. However, financially speaking, it is increasingly difficult nowadays for small farmers in Quebec to make a living growing and selling their products because they must compete on the world market. When you buy your food directly from small local farmers, you are helping them receive a better price for their products and helping them make a better living from farming!

## For the Joy of Eating!

8. **Better taste!** Local, organic produce is often harvested at maturity and delivered the same day, which means it is fresh and flavourful! Yummy!

