

Presented by

EAT
Local
CHALLENGE

Local Matters

Take the Challenge

by choosing three or more ways to eat local
during Local Foods Week (Oct. 1-8)

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For a chance to **win one of our prizes**, fill out the bottom of this card and then submit it to a Local Foods Week event location around town or online at EatLocalOhio.org.

I, _____, * pledge to eat local during Local Matters' Local Foods Week by completing three or more of the activities above.

X _____

PHONE* _____

EMAIL* _____

ADDRESS* _____

* Required for entry into the prize drawing.

Pick three or more ways to Eat Local and enter for a chance to win great prizes:

- 1 **Taste** an Ohio grown or produced product that you have never had before and build your connection to local foods.
- 2 **Visit** a farmer's market with your friends or family to experience the excitement of different foods picked at their peak flavor.
- 3 **Dine** at restaurants in Central Ohio that serve locally grown foods for an experience to remember. For a list of "locally-minded" restaurants, see Local-Matters.org/fresh-connect.
- 4 **Participate** in the Market to Market Ride, the Grilled Cheese Throwdown, the Harvest Ball and many other events during Local Foods Week. See EatLocalOhio.org for details.
- 5 **Share** your own recipe or try a new one using local foods. Then post the recipe and a picture of it on EatLocalOhio.org!
- 6 **Prepare** a lunch or meal on the go for yourself or family that features Ohio grown foods.
- 7 **Harvest** from your garden or a you-pick farm to experience Ohio grown foods at their source. For a list of you-picks visit Local-Matters.org/fresh-connect.
- 8 **Host** a get-together for your friends and family to celebrate with dishes that concentrate on locally grown food. Recipe ideas at Local-Matters.org/recipes.
- 9 **Speak up** for local food in your school or workplace as an option for meals. For suggestions on how to make the case for local food visit Local-Matters.org/take-action.

Play TO WIN GREAT PRIZES LIKE:

- 6 Months of groceries from the Greener Grocer's Weekly Fresh Market Bag
- A Pantry Makeover with Local Foods from the Hills Market
- Catering for an event from Two Caterers (\$300 value)
- Cooking Class with Local Matters Chef RB



**EAT
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Pledge your support for local food with the **Eat Local Challenge** from now through **Local Matters' Local Foods Week, October 1-8**