

# Green Tip of the Month



## Eat Local



Good for you....

It's fresh and tastes better~ local food is usually picked within 24 hours.



Good for the environment...

Less oil & air pollution~ local food does not need to be shipped across the world.



Good for Massachusetts...

Strengthens the economy~ money for local food stays in the community and supports local farmers.



### Did you know?

From field to fork, an average dinner travels 1,500 miles

