

# Young Movement

## A Young Movement

is gathering momentum as both farmers and consumers demand a better food system and an alternative to the global food chain.

Farmers seek innovations to survive on the farm and consumers are going out of their way to support local farmers, food system and an alternative to the global food chain. (Green and Hilchey, 2002)

## Boosting Health With Local Food

Eating locally farmed food burns less fuel, but is it better for you?

The local food movement typically has been about improving the health of the planet.

Buying locally means less fuel burned to transport food, which means less pollution.

But now researchers are trying to find out if eating locally farmed food, is also better for your health.

A team of researchers at the University of North Carolina at Chapel Hill has received a grant to study the public health impact of moving toward a local, sustainable food system. An increasingly vocal local food movement calls for consumers to try to buy and eat foods produced within 100 miles of their homes. So far, there's not real evidence that eating locally farmed food is better for you. But there are many reasons to think it might be. (Read More on why local foods are healthier for you in [The Visible Woman](#) ) By definition, locally farmed food is not going to come from large commercial food companies, so people who eat locally aren't going to consume as much processed food, which typically contains lots of refined carbohydrates, sugar, fat and preservatives.

Local Food Systems.....better for your health

"Eating locally isn't just a fad like the various diets advertised on late-night TV- it may be one of the most important ways we save ourselves and the planet." David Suzuki.

<http://www.davidsuzuki.org/>

Farmers who sell directly to consumers receive higher net returns, and consumers are rewarded with fresh produce that supports a local farmer and the local community as a whole.

...more

#### 100 Mile Diet .....In

2005, Alisa Smith and J.B. MacKinnon began a one-year experiment in local eating. Their 100-Mile Diet struck a deeper chord than anyone could have predicted, inspiring thousands of individuals, and even whole communities, to change the way they eat. Locally raised and produced food has been called "the new organic" - better tasting, better for the environment, better for local economies, and better for your health. From reviving the family farm to reconnecting with the seasons, the local foods movement is turning good eating into a revolution. <http://100milediet.org>

#### Shopping

for fruits and vegetables at farmers' markets is also pleasurable and may lead to more variety in your diet. Eating local often means you can meet the people who produce your food, and you can also ask questions about pesticide use and farming methods.

#### The

University of North Carolina study will last two years, and researchers say it will improve understanding of the health, environmental and economic issues associated with the local food trend. The study will look at the environmental benefits of transitioning to sustainable farming practices, determine whether there are nutritional and health benefits for consumers, and conduct an economic analysis of opportunities and barriers to local food systems

#### Among

the most pressing public health problems in the U.S. today are obesity, environmental degradation and health disparities," said Alice Ammerman, director of the U.N.C. Center for Health Promotion and Disease Prevention. "Contributing in a big way to each of these problems is our current food system, with its heavy dependence on fossil fuels such as fertilizers, pesticides and gasoline for large-scale production and long distance transportation of often high-calorie, nutrient-poor food, from farm to processing facility to table."

#### Farmers

who sell directly to consumers receive higher net returns, and consumers are rewarded with fresh produce that supports a local farmer and the local community as a whole.

#### A

partial list of the benefits of local organic food systems is provided in the box below. We can also add a measure of increased food security

to this list, an issue of growing global importance.

Source and read more at [Click here](#).