There are many pros and cons to buying your food from a store or from the Farmers Market. With food and your health, sometimes there are other things to consider in addition to cost. As Oscar Wilde once said: “A cynic is a man who knows the price of everything and the value of nothing.” Some issues to ponder...

<table>
<thead>
<tr>
<th>Issues</th>
<th>Local Farmer’s Market Food</th>
<th>Store-Bought Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freshness</td>
<td>Picked fresh within the last 24 hours.</td>
<td>Harvested up to 3 weeks before reaching the store shelf.</td>
</tr>
<tr>
<td>Refrigerator Life</td>
<td>Up to 3 weeks. Since it is fresher it stores longer, which stretches savings with less food waste.</td>
<td>As low as 2 days. Spoils faster and can waste money.</td>
</tr>
<tr>
<td>Packaging</td>
<td>Minimal – very little waste to clog our landfills. Less resources needed.</td>
<td>Plastic and styrofoam packages take generations to break down and negatively impact the environment.</td>
</tr>
<tr>
<td>Nutrition</td>
<td>Fresher foods have more nutrients and vitamins. It’s like having your own garden without the work.</td>
<td>By the time the you buy it, it has lost much of its flavor and nutrition.</td>
</tr>
<tr>
<td>Miles Traveled</td>
<td>Buying local food can reduce the amount of petroleum consumed to transport your dinner by as much as 95%.</td>
<td>On average, U.S. supermarket food travels 1,500 miles to 2,500 miles before it reaches the family table.</td>
</tr>
<tr>
<td>Prices</td>
<td>Flexible prices, varying by season.</td>
<td>Fixed prices: Supermarkets do not negotiate over prices.</td>
</tr>
<tr>
<td>Subsidies</td>
<td>None. Small farms and ranches receive no government assistance. When you buy locally you are paying the real cost of food.</td>
<td>Big agricultural businesses receive generous subsides on corn, sugar, soy, and other monocrops lowering the cost of processed food that is high in sugar and fat.</td>
</tr>
<tr>
<td>Community Health &amp; Values</td>
<td>Puts money back into the local economy. Keeps rural communities financially healthy.</td>
<td>Supports big businesses – most of your purchase money goes out of state.</td>
</tr>
<tr>
<td>Quality of Life</td>
<td>Social: A place to experience food, community, live music, and connection. People-to-people interactions. Fun!</td>
<td>More detached environment: Minimal interactions with people, canned music, fluorescent lighting.</td>
</tr>
<tr>
<td>Farmland vs. Development</td>
<td>Farmers Markets fund local farms, help to preserve farmland and protect it from development. Local farms create open space, wildlife habitat and green belts near cities.</td>
<td>Sprawl swallows up farmland, replacing it with concrete. More and more food must then be trucked in from the coasts, which is a threat to our local food security.</td>
</tr>
<tr>
<td>Environmental Values</td>
<td>Small farmers are good stewards of the land. Organic and sustainable growing creates a healthier community and environment.</td>
<td>Large farms: high pesticide use, super bugs, polluted earth and water, higher cancer rates.</td>
</tr>
<tr>
<td>Health</td>
<td>Eating fresh, local food lowers your intake of fat, sugar and chemicals and increases your overall intake of vitamins and minerals. It is an investment in your good health.</td>
<td>Cheap processed food is much higher in fat, sugar and pesticides which causes long-term chronic health problems such as diabetes, obesity, high blood pressure, high cholesterol, cancer, etc.</td>
</tr>
</tbody>
</table>

Find more information at www.localorganicmeals.com

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