



Local or Organic?

These days, you hear a lot about local and organic food. But which is best for you and your family? Frankly, both are good options. However, sometimes the organic label doesn't represent the better choice. Organic food is produced without synthetic fertilizers and in accordance with organic standards and regulations. That's a good thing. But organic produce, dairy products and meats often come from farms (and even other countries) thousands of miles away. So, while these may be healthy options, they might not be the freshest food you can buy.

Local produce, meat and dairy products have been raised on farms close to where you live. In most cases, you're getting fresher fruits and vegetables and can determine exactly where and how your food has been produced. Also, because it requires less transportation and refrigeration costs, local foods have a lower environmental impact than organic alternatives grown far from home. Plus, your purchase supports family farms and the local economy.

Next time you're at the market or grocery store, ask about the source of the produce or other products you buy. By knowing where your food comes from [see our [list of suppliers](#)], you'll know exactly what you're putting into your body and what you're getting for every dollar you spend.

Eat Healthy. Be Happy.