



Mindful Eating Challenge

Week 3

Old McDonald's is not McDonald's

What

The goal of this challenge is to make your meals and snacks from locally grown food. This means most, if not all, ingredients come from farms and growers in the Midwest: Minnesota, Wisconsin, Iowa and the Dakotas.

Take a look at labels in the store and weather permitting, head to a local farmer's market where produce is fresh and ready for your dinner table. Meat, cheese and eggs from small (stay away from mass producers for this challenge) farms and co-ops are available year round. It might take a bit more effort and mindfulness, but your body will thank you for it.

How long

Make at least one meal from local ingredients for 3-5 days this week.

Why

There are many reasons to go local:

- Locally grown produce does not have to be picked before it is ripe in order to ship to our area, and fruits and vegetables picked at the peak of freshness means they are more nutrient dense which means more nutrients for us! Not to mention fresh, local produce just down-right tastes better!
- Picking small farmers versus large industrial food producers also may lower the risk of food contamination; fewer animals sharing cramped living conditions often means that small farmers will not have to use as many infection prevention measures such as giving the animals antibiotics. Remember, if you eat meat you are also, in essence, eating what it ate. So it is always best to eat animals that have themselves eaten well.
- Eating locally also supports local farmers which in turn supports our community's economy. Benefits all around!

Resources

- Benefits of locally grown produce: http://www.superkidsnutrition.com/nutrition_answers/of_benefitsproduce.php
- Land Stewardship Project Resources: <http://www.landstewardshipproject.org/resources-factsheets.html>
- U of M Local Foods Partnership: <http://www.localfoods.umn.edu/>