

# BECOME A LOCAVORE TODAY

lo•ca•vore

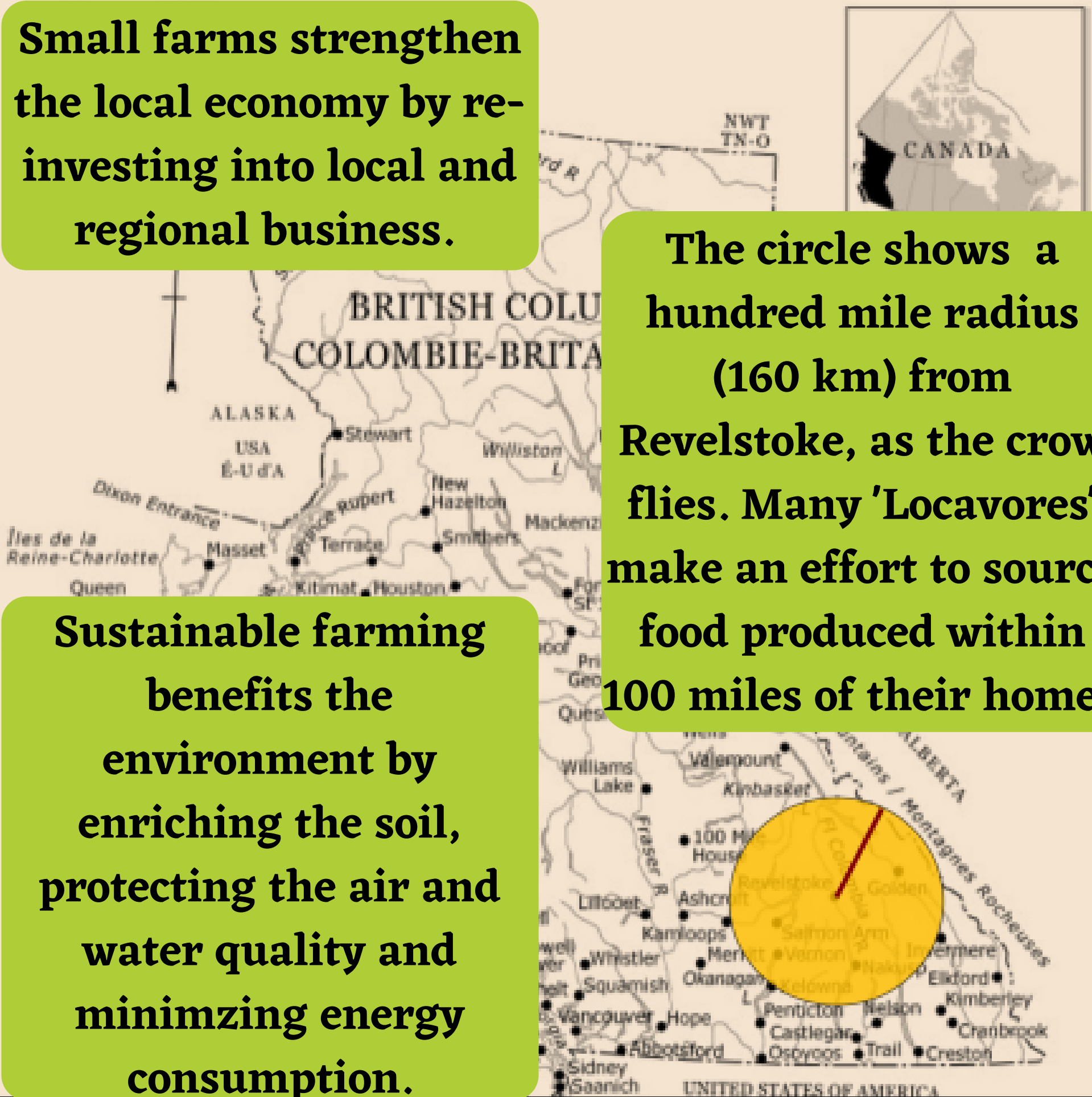
Noun

a person whose diet consists only or principally  
of locally grown or produced food

**Small farms strengthen the local economy by re-investing into local and regional business.**

**The circle shows a hundred mile radius (160 km) from Revelstoke, as the crow flies. Many 'Locavores' make an effort to source food produced within 100 miles of their home.**

**Sustainable farming benefits the environment by enriching the soil, protecting the air and water quality and minimizing energy consumption.**



**On average our food is shipped 3000 km to reach our plates.**



**Here are some ways to keep it more local:**

**-Shop at the local Farmers Market on Saturdays**

**-Shop at local farms during their operating hours/from their road side stands or from local vendors/stores that carry local produce/meat**

**-Grow your own fruits and vegetables**

