

BUY LOCAL CHALLENGE 2009

Commitments

Weekly throughout the Buy Local Challenge

	I Commit to Doing This	I Already Do This
Eat one meal of entirely locally produced foods.	<input type="checkbox"/>	<input type="checkbox"/>
Do some shopping from a farm market, farm stand, or store selling locally produced goods.	<input type="checkbox"/>	<input type="checkbox"/>
Read or listen to local media sources.	<input type="checkbox"/>	<input type="checkbox"/>
Use exclusively cloth or reusable bags do do my shopping.	<input type="checkbox"/>	<input type="checkbox"/>
My goal is to consume _____% local food and _____% local products.	<input type="checkbox"/>	<input type="checkbox"/>

Monthly throughout the Buy Local Challenge

	I Commit to Doing This	I Already Do This
Talk with a local food producer, artisan, or crafts person about her or his products.	<input type="checkbox"/>	<input type="checkbox"/>
Prepare and share one family recipe made from local, in-season food.	<input type="checkbox"/>	<input type="checkbox"/>
Attend a production of local art: theatre, art gallery, trade show, book reading, etc.	<input type="checkbox"/>	<input type="checkbox"/>
Speak with someone about the importance of supporting local producers.	<input type="checkbox"/>	<input type="checkbox"/>
Switch to using a locally produced soap, cosmetic, or health product.	<input type="checkbox"/>	<input type="checkbox"/>
Buy or grow and then cook and enjoy some local food with children.	<input type="checkbox"/>	<input type="checkbox"/>
Learn what is in season at this time of year.	<input type="checkbox"/>	<input type="checkbox"/>
Speak with someone about the Buy Local Challenge.	<input type="checkbox"/>	<input type="checkbox"/>
Replace one imported food item you eat regularly with a local equivalent.	<input type="checkbox"/>	<input type="checkbox"/>

Seasonally throughout the Buy Local Challenge

	I Commit to Doing This	I Already Do This
Plant a garden.	<input type="checkbox"/>	<input type="checkbox"/>
Buy a gift from local artisan or food producer.	<input type="checkbox"/>	<input type="checkbox"/>
Visit a farmers' market, farm stand, or store selling local products where you have never shopped before.	<input type="checkbox"/>	<input type="checkbox"/>
Speak with a restaurateur or chef about their use of local food in their menu.	<input type="checkbox"/>	<input type="checkbox"/>
Host a Local Food Dinner party.	<input type="checkbox"/>	<input type="checkbox"/>
Have a friend sign on to the Buy Local Challenge.	<input type="checkbox"/>	<input type="checkbox"/>
Write a letter to a "person in power" about your support for local producers and shop keepers	<input type="checkbox"/>	<input type="checkbox"/>
Speak with a shop keeper about the locally produced products available.	<input type="checkbox"/>	<input type="checkbox"/>

During the year of the Buy Local Challenge

	I Commit to Doing This	I Already Do This
Buy a bulk order of food from a local food producer.	<input type="checkbox"/>	<input type="checkbox"/>
Read a book about local food and craft, food security, or farming.	<input type="checkbox"/>	<input type="checkbox"/>
Vacation within the boundaries used to define "local".	<input type="checkbox"/>	<input type="checkbox"/>
Learn the definitions of the terms: Certified Organic, Fair Trade, Sustainable, Food Security.	<input type="checkbox"/>	<input type="checkbox"/>
Visit a farm or craft studio.	<input type="checkbox"/>	<input type="checkbox"/>
Commission a craft or piece of art from a local producer.	<input type="checkbox"/>	<input type="checkbox"/>
Make a work of visual art, writing, or performance about local goods.	<input type="checkbox"/>	<input type="checkbox"/>
If I care for a young child, feed them mostly local food.	<input type="checkbox"/>	<input type="checkbox"/>
Share a story, resource, or suggestion with the Buy Local Challenge Community.	<input type="checkbox"/>	<input type="checkbox"/>
Learn about the challenges of producing, distributing, and selling local products in Nova Scotia.	<input type="checkbox"/>	<input type="checkbox"/>

What else do you commit to do to enrich your local lifestyle?

Please submit commitments to add to the list. During seasonal Buy Local Challenge updates you will have the chance to evaluate your own progress, re-commit or change your commitments.