



Benefits of Eating LOCAL FOOD

Green Tips - Feb 2019

Local food is fresher



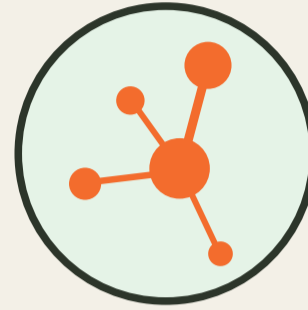
Locally grown vegetables travel a shorter distance from the farm to your plate. They are therefore fresher and full of flavor.

Local food benefits the environment



The transport of food produces greenhouse gas (GHG) emissions. The shorter the food mileage, the less GHG emissions are produced. Local produce minimizes its environmental footprint.

Local food has more nutrients



Local food has a shorter time between harvest and your table. It is less likely that the nutrient value has decreased.

Local food supports the local economy



The money spent with local farmers stays locally and it works to support local economy instead of being handed over to other corporations in other countries.

Local farmers can tell you more



Local farmers can tell you how they grow the food such as the practices they use to raise and harvest the crops. You will know a lot more about the food.

Read More from the References:

Michigan State University. (2013, Apr 13). *7 benefits of eating local foods*. Retrieved from <https://bit.ly/2GHD1HJ>

綠田園基金. *食物里程*. Retrieved from <https://bit.ly/2VjOEYE>

Hong Kong Farmers' Markets for Local Food



PolyU Green Campus



Tong Chong Street Market

When: Every Sun from Mar to Jun & from Sep to Dec; 11am-5pm

Where: Tong Chong Street, Taikoo Place

URL: <https://www.facebook.com/tongchongstreetmarket>

Tai Po Farmers' Market

When: Every Sun; 9am-5pm

Where: 12 Tai Wo Road, Tai Po

URL: <http://www.hongkongfarmersmarket.org/>

Handmade Hong Kong

When: 2nd Sun of every month (except Jan, Jun & Jul); 11am - 6pm

Where: Discovery Bay Main Plaza & North Plaza, Discovery Bay, Lantau

URL: <http://www.handmadehongkong.com/>

Don't Forget to
BYOB!
(Bring Your Own Bag)

More Hong Kong's Farmers' Markets: <https://bit.ly/2TZPGZR>

