



## Week Two Challenge

The challenge this week is to find out where your favorite fruits and vegetables are grown. Are they locally grown and purchased in season? If not, the next part of the challenge is to find out whether they can be sourced locally or substituted for something else.

### *Why is local food better?*

Local fruit and vegetables that are purchased when in season are transported shorter distances and don't need to be stored for long periods. They are appropriate to the local environment and are fresher, tastier and likely to be cheaper than foods transported long distances and stored for long periods.

### **How to complete the challenge:**

Step 1: Read the rationale for reducing your food miles which can be found under the *Buy Locally* page of this website.

Step 2: List your current ten most commonly consumed fruits and vegetables (five of each) on the *My Fruit and Vegetable List* below. Having a quick look in the pantry, the veggie crisper drawer of your fridge and also your fruit bowl may help.

Step 3: Check the *South East Queensland Food Wheel* (if applicable) or your local farmers' market. Are the fruits and vegetables on your list currently in season locally? Fill in 'Yes' or 'No' in the second column of *My Fruit and Vegetable List*.

Step 4: Go to your local farmers' market and find alternatives to the fruit and vegetables on your list that aren't in season locally. Write these alternatives into the third column of your *My Fruit and Vegetable List*.

Step 5: Stick your *Top Five Fruits and Vegetables List* on the fridge or somewhere visible to remind you of what's local and in season.

Continue to use the *South East Queensland Food Wheel* or visit your local farmers' markets throughout the year to check out what foods are available.

*This challenge made me aware of the many benefits of eating seasonally and locally. It made me think more deeply about where my food comes from.*

Melanie





**My fruit and vegetable list**

My most commonly used fruits:	Is it in season locally?	If not, what could I substitute it with that is local and in season?
1.	Y/N	1.
2.	Y/N	2.
3.	Y/N	3.
4.	Y/N	4.
5.	Y/N	5.

My most commonly used vegetables:	Is it in season locally?	If not, what could I substitute it with that is local and in season?
1.	Y/N	1.
2.	Y/N	2.
3.	Y/N	3.
4.	Y/N	4.
5.	Y/N	5.

