



**10 local food CHALLENGE**  
*how local can we go?*

Want more local food on your plate? **YES!**  
Doing it? Not so easy!

Who has **time** to find it and cook it?

What about **cost**? What about **chocolate**?

**IF YOU JOIN YOU GET:**

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- Recipes
- Videos
- Tools
- Tips

*for*

**10 DAYS**  
*eat food from*

**100 MILES RADIUS**  
*allowing*

**10 EXOTICS**  
*(foods you can't live without)*

sign up: [localfoodchallenge.org](http://localfoodchallenge.org)

email: [contact@localfoodchallenge.org](mailto:contact@localfoodchallenge.org)



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