

September
2006

In your community



Go Local with your food choices



Buying local keeps
your food buying
dollars in the your
community



Food travels an
average of 1500
miles from farm
to your plate

SHOW-ME LOCAL FOODS PROGRAM CONNECTS LOCAL FARMERS AND CONSUMERS

Demand for locally grown food is increasing in Missouri as well as nationally. In Kansas City, locally grown and produced food is seen piled high at neighborhood farmers' markets, on the menus of over 30 area restaurants and most recently, locally grown foods have found a place in the city's grocery stores. All of this activity has led to the Show-Me Local Foods Program, a collaborative effort between the University of Missouri Extension and the Missouri Rural Crisis Center.

The Show-Me Local Foods Program aims at further enhancing the development of community-based food systems by connecting farmers and consumers around locally grown food" according to Community Development Specialist Crystal Weber. "Consumers get great tasting food while supporting Missouri's economy and environment." The program attempts to build increased demand for locally-produced foods and facilitates the development of a local food infrastructure that ensures an open and consistent supply of Missouri-grown and raised foods.



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The Beginning

Show-Me Local Foods, which had its beginnings in Extension in the mid-1990's, was re-born with a 2004 Kellogg Foundation Grant to build local food systems in Missouri. The program covers the regions surrounding St. Louis, Kansas City, and Columbia and just as our communities' populations cross political borders, so too does the scope of this program as it spills over into communities in Kansas and Illinois. Currently, the Show-Me Local Foods Program is strengthening the local food system that was built by the initial program and by the efforts of a diverse array of local farmers, organizations, processors, distributors, restaurants and retailers.

Alternative Market Opportunities

The Show-Me Local Foods Program aims at accomplishing the development of a localized food system through exploring the opportunities presented by alternative markets, keeping food dollars in our local economies and strengthening the cooperation and networking abilities of farmers. It is equally important for consumers to educate themselves on the production and source of their foods, impact that season has on food production and quality, and the importance of supporting their local economies through food choices.

Collaborative Projects

In Kansas City, the Show-Me Local Food Program is also involved in collaborative projects with a number of public and private organizations. In the spring the Show-Me Local Foods is a partner in the Kansas City Food Circle's Farmer Expo. The Expo typically draws nearly 1,500 urban consumers to its educational programs focusing on seasonal cooking, production methods and early-season farmers' market. In the fall and winter Show-Me Local Foods is a co-coordinator for the Growing Growers program that educates farmers from throughout Missouri's West-Central Region and beyond on their potential for developing new markets in the Kansas City area.

For more information about the Show-Me Local Foods Program contact
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