

8 Ways to Support Your Local Food Community

For every \$10
spent locally,

\$8 stays with a farmer or food business.

That means eating local is more than enjoying delicious foods, it's also about connecting to your neighborhood and building a resilient food system where local communities thrive.



VISIT A FARMERS MARKET

1

Farmers markets are an excellent way to connect with your local food community. And, when exploring other parts of Arizona, plan ahead and swing by the town's farmers market to uncover treasures and tastes local to that area!

LOOK FOR LOCAL LABELS

2

Did you know brands, such as Hickman's Eggs, Danzeisen, Shamrock Farms, and participating store-brand dairy, come from Arizona sources? Some stores also showcase their local support with "Made in Arizona" or "Locally Grown" labels and stickers, as well as pop-up shelving that spotlights local products.

FIND HIDDEN GEMS

3

Ask your friends and neighbors for their favorite local haunts, follow local foodies on Instagram, and check out local publications (such as the Phoenix New Times and Phoenix Magazine) that regularly feature and spotlight diverse restaurants to uncover hidden gems like mom-and-pop joints, food trucks, and chef pop-ups.

USE THE GOOD FOOD FINDER DIRECTORY

4

Arizona's most comprehensive local food and farm directory is at your fingertips at goodfoodfinder.com. Just type in your zip code and uncover all the local food goodness, from farms to farmers markets, in your area.

EXTEND THE WEEKEND

5

When farmers markets are closed, seek out their goods at locally-owned shops, co-ops, and store markets. Local businesses love supporting each other, and this way you don't need to wait until the weekend to pick up locally-made bread, snacks, and ready-made goods.

LEARN ABOUT YOUR FARMING COMMUNITY

6

Many farmers rely on 1:1 support from customers and their community and offer weekly or biweekly Community Supported Agriculture (CSA) bags and boxes. Some even set up farm stands. Ask the farmers in your neighborhood where you can purchase their farm-fresh goodies.

ATTEND LOCAL EVENTS

7

Another great way to discover new food trucks and vendors is to visit local events such as harvest festivals, vegan markets, pop-ups, and beyond!

PLANT YOUR OWN GARDEN

8

There's nothing sweeter and tastier than food you've grown yourself. The City of Phoenix has partnered up with several farming organizations to help you get your hydroponics, backyard garden, or grow space set up. *Learn more* [here](#).