



Why local food matters.

You could easily live your whole life in Iowa without eating an Iowa-grown meal. More than 85% of Iowa's land is farmed, yet Iowa imports 90% of its food.

Iowa's Local Food Systems: A Place to Grow by Laura Krouse Teresa Galluzzo

When you buy local food you know exactly where your food is coming from. Your purchasing decisions help restore soil and ecosystem health, address inequity, and leave our land, waters, and climate in better shape for the future.

Environmental



Nutrient Density

When you buy local, you are sourcing freshly harvested produce with a high nutrient load. The moment a piece of produce is picked or cut, its enzymes begin decomposing and feeding on precious nutrients.



Buying local food builds connection, community, the health of people and land, and fuels passion and purpose in Iowa farmers.

Joy



Economic

When you buy local, you are cutting out the middleman, keeping dollars in the local community and directly support Iowa farming families.



Result

Buying local food results in a reliable, resilient, local food system.

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