

# COLLEGE MADE EASY:

## LOCAL FOOD/ RESOURCES

### **Local food travels a shorter distance –**

We become used to paying higher prices at supermarkets for produce because costs more getting to us. When you buy local, prices are often lower since the costs of bringing the product to market are lower.



**Have a flexible palate –** Favorites such as carrots, tomatoes, apples, and cherries are often higher priced since many shoppers want them. However, unfamiliar produce can have lower prices since it is more difficult to sell. Try a different type of produce. Who knows? You might find a new favorite!

**Relationships go a long way –** If you enjoy attending farmer's markets, being loyal to certain sellers can go a long way. Chances are you will receive even lower prices because of your loyalty.

**Add value to bulk purchases –** Go shopping with your friends and buy in bulk together. You may be able to cut a deal with the sell if you buy lots at one time. When you're done for the day, head home and split your produce savings!



**Visit a food co-op –** For a small membership fee, you can shop at a market called food co-op. This is a place where local food growers can come to sell their foods, often for as much as 40% cheaper than big box stores. On top of that, there are often no pesticides on these products, too.



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# RESOURCES



**Buy Local First Utah** – Numerous locally owned businesses from food markets to clothing stores around Utah are registered on this easy to navigate website. <http://www.localfirst.org/>

**Buy Utah's Own** – A government-sponsored website dedicated to helping you find delicious local Utah produce and dairy products.

<http://www.utahsown.utah.gov/>

**Edible Wasatch** – A helpful website that contains a convenient section naming numerous Utah farmers' markets by region.

<http://www.ediblewasatch.com/resources/farmers-markets>

**The Community Co-op** – Interested in having fresh Utah produce delivered to your home or business? Check out this website. You may also choose to shop in person by visiting their large warehouse in Salt Lake City.

<https://thecommunitycoop.com/>

**Pick It Farm Fresh** – A packed list of farms that will help you find tasty Utah produce where you pick it yourself. It can be dinner and a date all in one!

<http://www.pickitfarmfresh.com/pick-your-own/utah>



SAVING MONEY



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