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**For Immediate Release**

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## **Eat Local Challenge returns to Milwaukee for 2 weeks of local food fun!**

The Eat Local Challenge is back for two weeks of eating locally! Pick up your Outpost Eat Local Challenge Packet at any Outpost location after August 23. The kit includes tips, menus, resources, local food chart, a local food scorecard and more! Eat Local Milwaukee, Fondy Market, Our Milwaukee, Slow Food Wisconsin Southeast and Urban Ecology Center will also be sponsoring this year's event.

### **Eat Local Challenge 2009**

**September 1 – 15**

Join the fun, take the challenge! Eating locally is good for you, farmers, producers and the local economy!

- Your dollar has three times the positive effect on the local economy
- Preserves agricultural diversity
- Locally grown food has real life, not shelf life
- Cuts down on distance it takes food to get to your table
- You know where your food comes from
- Provides local jobs
- Creates stories and lasting memories
- Food is harvested at peak ripeness and tastes awesome!

### **Eat Local Challenge Resource Fair**

**Sunday, August 23rd, 1 - 3 pm at the Urban Ecology Center**

**1500 East Park Place**

Gear up for the Challenge at this fun and informative event. Watch cooking demos, exchange recipes and tips, and hone your local resource skills!

### **Local Food Festival**

**Saturday, September 12, 9 am – 1 pm at Fondy Market**

**2200 West Fond du Lac Avenue**

C'mon down to Milwaukee's first "Local Food Festival" and celebrate the harvest with other locavores.

Activities for all ages!

- Shop the Farmers Market
- Visit the Kids Booth
- Enjoy tastings of local food
- Learn about Real Food Initiatives
- Meet local growers, producers and businesses

