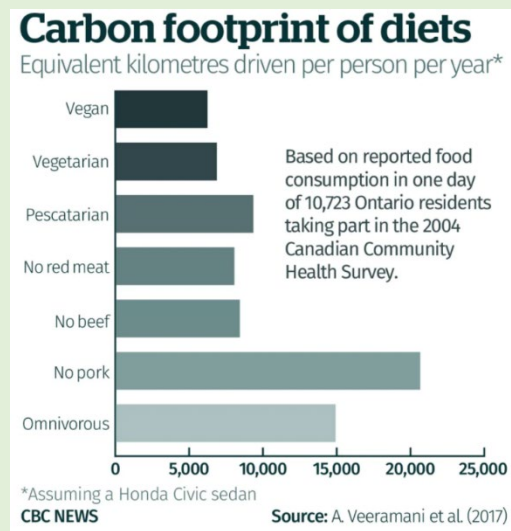
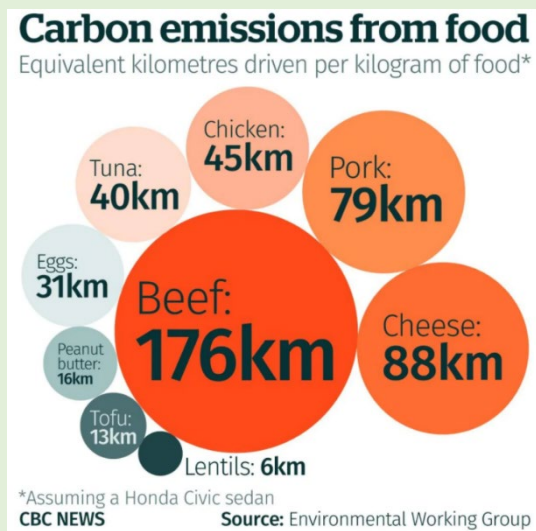


Eating a balanced diet with a foundation in locally sourced, plant-based food can have a high impact in your efforts to reduce your contribution to climate change.

Food production is responsible for up to 1/3 of global greenhouse gas emissions, with beef production having the highest carbon footprint. Cows produce a lot of carbon!

Check out these eye-opening infographics from the [CBC](#):



Sourcing your food locally is another way to reduce your carbon footprint!

The benefits of buying from your local farm include:

- Buying fruits and vegetables when they are in season (no trucks from California!)
- Many local farms are certified organic as well as offer ethically raised meat that is [recognized by the BC SPCA](#)

[BC Farm Fresh](#) is a useful online resource for you to find what farms are near you and what products they provide. They even have [this great index](#) that reminds you what fruits and vegetables are in season for a particular month!

Visiting your [local Farmers' Market](#) is another way to support local farms and help keep the greenhouse gas emissions produced by your dinner plate to a minimum.

