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In a modern food economy that exhibits a reliance on food shipped long-distance, a countermovement has arisen bearing the name of "locavore." The locavore movement strives to move toward the consumption of food that is locally grown - with a goal of improving nutrition as well as environmental impact. Though there are downfalls in the ideology of the locavore movement, the positive benefits to the economy,

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largely outweigh these concerns.

The practicality of the locavore movement could potentially cast a shadow over its touted benefits.

"... [it's not] necessary to eat locally in order to be healthy," (Smith). According to Smith, the nutritional differences between what the average American consumes and locally grown food is marginal.

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Moreover, environmental concerns could pose a significant threat. James McWilliams, author of *Source C*, states that the locavore movement has overlooked "energy-hogging factors in food production," citing a 2006 study on the significant carbon footprint left by lamb-producing English factories (McWilliams).

(As opposed to New Zealand-produced lamb, which is less convenient to ship but has a significantly smaller carbon footprint). It must be taken into account that this article was published on *Forbes.com*,

which would probably put more of a conservative spin on the issues on which it reports.

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However, it can't be forgotten that the locavore movement has a significant positive benefit on the economy. This viewpoint is exemplified in Doc. A, which states that "a dollar spent locally generates twice as much for the local economy" (Maiser). The more that is spent locally, the more that is gained for local economies; this could be a valuable boon when considering that <sup>the economy in general has</sup> ~~local economies have~~ suffered since the 2008 recession. The locavore movement, in a larger context, has brought a significant revival of small farms; <sup>across the country</sup> "the number of small farms has increased 20% in the past six years, to 1.2 million" (Gogoi). This shows how the movement could, and will, significantly impact the <sup>state of the</sup> economy. ✓

✓ The most important consideration to take into account is the nutritional advantage of eating locally. Not only does locally-grown food protect from bioterrorism in its decreased "susceptibility to contamination," but it is fresher than supermarket food. (Maiser). The protection of consumer health against foreign invaders (harmful bacteria) is paramount to our choice between long-distance shipped and locally grown products. ✓  
Pallavi Gogoi in Document E reminds us of the impact that locavores have had on

politics, namely in the passage of the Farm Bill, which "invests in the health and nutrition of American children... by expanding their access to farmers markets and organic produce" (Gogol). Not only <sup>good</sup> <sub>intend</sub> is our current generation being positively impacted in health and food safety by the locavore movement, but our future generations will reap the benefits as well.

Considering, then, the benefits and drawbacks of the locavore movement and its connection to issues including environmental impact, practicality, nutrition, and economic impact, it is important to put the health of our citizens at top priority. Though the movement does raise some <sup>plausible</sup> concerns regarding its practicality and environmental impact, we must remember that the food that we consume affects our safety and our health - locally, regionally, and nationally - and that the locavore movement can provide such a source of nutrition (as well as positive economic impact).

