

# FOOD FACTS

## More Are Buying Locally To Eat Healthier

(NAPSA)—There's a new menu of suggestions for consumers who want to protect the environment and enjoy healthy food.

Experts say there are several ways consumers can make a contribution toward what's known as "the ecology of eating." These include:



**Farmers' markets offer a bounty of fresh fruit, vegetables and other products from local producers.**

- Support local family farms. Buy food from farmers who follow agricultural practices that are good for the environment.

- Discover just what kinds of foods are available in your area. Ask farmers' markets and food cooperatives to offer eggs from free-ranging hens, meat and dairy products from humanely raised animals and produce from local family farms.

- Purchase fruits and vegetables in season. Local and regional farmers can supply you with fresh fruits and vegetables a good part of the year.

For more information including locations of farmers' markets or food cooperatives, contact The Humane Society of the United States—Farm Animals & Sustainable Agriculture section at 301-548-7790 or visit the Web site at [www.hsus.org](http://www.hsus.org).