Tassievore Eat Local Challenge
March 2015

Tasmania is such an amazing place for eaters and growers alike. The Tassievore Eat Local Challenge is all about encouraging Tasmanians to enjoy local produce, support local businesses and grow some of our own fruit and vegetables. Fresh, seasonal produce is tasty and great for your health. Buying local helps all Tasmanians by supporting local growers, producers and businesses. Being a Tassievore is also good for the planet as you are reducing the distance food has to travel from farm to plate.

There will be four weekly challenges, with great prizes to be won. So why not try to challenge yourself for the month of March 2015 to eat, grow and buy Tasmanian produce?

**Individuals**

Start growing your own, so in March, you will be eating produce fresh from your backyard. Look at where you can buy Tasmanian produce – maybe from a local grocery store, nearby farm gate, co-op or farmers’ market, or you could join a box scheme to have fresh, local fruit and veggies delivered to your front door!!

**Schools**

What activities would your school like to run in March to promote Tassie produce? Maybe your class could visit a local farmer, or use produce from the schools’ garden to cook up a feast? If your school is a Move Well Eat Well school you could even win a visit from a special celebrity guest!

**Local Businesses**

How are you going to promote Tassie produce in your business? Support the local economy by encouraging links with Tassie producers, using fresh seasonal produce in restaurants/cafes and advertising your commitment to “going local”.

Sign up to our e-newsletter:
eepurl.com/KS52j

or visit us online:
facebook.com/TassievoreEatLocalChallenge
slt.org.au/Tassievore

*Turn over for a poster to display to show your support!*
We support the Tassievore Eat Local Challenge

slt.org.au/Tassievore
facebook.com/TassievoreEatLocalChallenge