



## Connecting Nebraskans to Local Food

Through our print and online resources we reach thousands of Nebraskans every year with information to help them find, buy & use more locally grown products. From our printed Local Food Guide and our searchable Online Food Guide, to seasonal shopping lists and a monthly local food newsletter we are Nebraska's trusted guide to local food!

## Educate & Celebrate

We love local flavors! We believe that local food is powerful, and can improve our quality of life, and Nebraska's vitality and resiliency. We share our passion of local food through projects like educational farm tours, taste-tests at farmers' markets, local food cook-offs and other events that connect Nebraskans with good food, grown here!



## Stronger Together

Our strength comes from our members and partner organizations. Our membership includes passionate farmers, ranchers, farmers' markets and local food businesses. Members pool funds to design and print our food guides, hold events and develop resources. We partner with organizations on projects that propel local food forward, like farmers' market promotion, Farm-to-School, and consumer education.



[www.buylocalnebraska.org](http://www.buylocalnebraska.org)  
[buylocalnebraska@unl.edu](mailto:buylocalnebraska@unl.edu)



## NEBRASKA LOCAL FOOD CHALLENGE

**SEPT 1 - 30, 2021**  
Register to compete in our challenge for your chance to win prizes!  
[SustainableNebraska.org/LocalFoodChallenge](http://SustainableNebraska.org/LocalFoodChallenge)

Create & share a recipe featuring local ingredients	Preserve locally grown food by fermenting, freezing, canning or drying	Eat a Nebraska-grown melon	Cook breakfast from locally grown ingredients	Visit a farmers' market	Talk with a farmer or rancher
Go to an event listed on the Local Food Challenge calendar	Give someone a bouquet of locally grown flowers	Make a smoothie or juice with local ingredients	Ask your grocery store about purchasing from local farms	Visit a local orchard	Visit a community garden (smell the flowers)
Grill out with Nebraska-raised meat or veggies	Make a beverage featuring locally grown herbs, produce or honey	Eat something you grew	Prepare Nebraska-grown corn three ways	Watch a film, series or video about local food or farming	Make broth from veggie or meat scraps
Learn about Nebraska Farm to School programs	Cook one meal using all locally grown/raised ingredients	Try local, farm fresh eggs	Try a locally grown food you've never had	Use honey from a Nebraska Beekeeper	Have a picnic featuring locally grown foods

Local Food Challenge 2021 created resources like shopping lists, a local food events calendar, an activity sheet and a facebook group aimed at engaging people with local food.



Taste testing winter squash at a school as a part of the Snack Time with Specialty Crops project. Kids tasted menu items made with local ingredients, and took home recipe cards and fresh local produce to try at home.



The Seasons of Nebraska print is an educational resource to teach about seasonality of Nebraska produce.



Holiday Gift Guide 2021 featured 16 Nebraska-grown products, perfect for a holiday meal or to give as gifts. A shopping guide, but also an educational tool - used to teach about the variety of seasonal Nebraska-grown goods.



*"Being a part of Buy Fresh Buy Local has helped our business grow. The Food Guide and online resources are professional and widely distributed, increasing our visibility and website hits. We've also been able to use the food guide to connect with and purchase from other farms across the state." - Paula Sandberg, Heritage Acres, McCook, Nebraska*



We support farmers' markets in Nebraska through projects like the Go to Grow campaign. In partnership with Nebraska Extension & the Center for Rural Affairs this project provides training to rural market managers, and operates a statewide digital and print marketing campaign.

# Become a partner!

We invite you to join our network! Among the many benefits, members are included in our resources, marketing campaigns and events. Visit our webpage for more information.

- Farmer/Rancher Membership \$50
- Business Membership \$50
- Farmers' Market Membership \$25-\$150
- Online-only Membership \$25
- Friend/Sponsor \$25-\$5,000

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