

Greening the Holidays: Food

The holidays are filled with traditional food and lots of it!
You don't have to give up these traditions to be green...

1. Buy Local.

Buying local is the ultimate in making sustainable food choices. Local food does not travel hundreds or thousands of miles to get to your plate. Many of the local farmers in this area use organic, sustainable, and humane farming practices. Most of the farmers in this area are also, small family farmers. Buying local supports the local economy.

- Weathertop Farm has local, pasture-raised turkeys for Thanksgiving and Christmas dinner!
- Find holiday favorites such as sweet potatoes, butternut squash, pumpkins, preserves, and baked goods at the **Blacksburg Farmers Market:**

Located at the corner of Roanoke and Draper Streets

Winter Hours: Nov 1-Dec 31: Sat 10am-2pm, Wed 2pm-6pm

Jan 1-Mar 31: Sat only 10am-2pm

Information online at <http://www.bbfarmersmarket.org>

2. Buy Organic, Fair Trade, etc.

If you can't buy local...

- SEEDS sells organic and fair trade holiday goodies such as hot chocolate, coffee, tea, and chocolate: www.seedsguys.org.
- Natural Foods stores have several options for sustainable holiday food. Local options are sometimes available at these stores as well. Look for organic turkey, ham, eggnog, hot chocolate, candy canes, sugar cookie mix, gingerbread mix, cider, and produce:
 - **Eats Natural Foods Co-op**, located inside Oasis World Market at 1411 South Main Street, Blacksburg, (540) 552-2279, online at <http://www.eatsnaturalfoods.com/>.
 - **Annie Kay's Whole Foods**, 1531 South Main Street, Blacksburg, 540-552-6870, online at <http://anniekays.com/>.

3. Buy whole, seasonal foods.

Still can't find local or sustainable versions of the holiday foods you need? Look for produce that is in season. Opt for foods that are "whole" (i.e. no preservatives, less processed—looks more like real food!).

4. Give food to others.

Many people in this area are in need of food, especially during the holiday season and winter months. Extend the greening of your holiday food to what you give to others; purchase organic canned goods and non-perishables to donate to your local food pantry.

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