Spend at least 50% of your food dollars on direct purchases from local farmers and artisans; with the remainder of your food dollars, you can celebrate how small the world has become!

TAKE THE 50% Pledge!
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LOCAL DIRECT PURCHASES:
- Raw Milk
- Raw Cheese
- Pork, Beef and Turkey
- Charcuterie and Organ Meats
- Chicken and Eggs
- Fruit and Vegetables
- Homemade Soups and Stews
- Homemade Desserts
- Sourdough Bread
- Lacto-Fermented Condiments
- Fermented Vegetables
- Kombucha

CELEBRATE OUR SMALL WORLD:
- Rice
- Pineapple
- Mango and Papaya
- Bananas
- Nuts
- Pepper
- Unrefined Salt
- Spices
- Heritage Grains
- Wild Seafood
- Fruit and Vegetables
- Breads and Crackers

westonaprice.org

THE WESTON A. PRICE FOUNDATION*
for Wise Traditions
IN FOOD, FARMING AND THE HEALING ARTS
Education • Research • Activism