



# Phoenix

## LET'S EAT LOCAL!



## Does Local Food Really Cost More?

It's a common belief that buying local food is more expensive. While some food items may be more expensive when purchased from a farmers market or local farmers, **that is not always the case.**

Take buying seasonal produce for example—the cost of locally-grown produce can be the same (or even less) than that grown outside of Arizona. And when food is in season, there is more of it driving the price point down. Wait, there is more! Farmers markets have relatively stable pricing while prices at grocery stores can vary greatly from week to week, especially as higher fuel costs and food supply disruptions are happening more often.

**1**

### Price compare and buy in season.

Compare prices for the most common food items you purchase. You might be surprised that some food is cheaper when bought from local sources and when those items are in season. Food in season means more availability and often leads to lower prices at the markets. Check what is grown seasonally [here](#).

**2**

### Switch up the brands on your

### supermarket shopping list.

Look for locally made products at your nearby supermarket. Some well known Arizona-made brands include eggs from Hickman's, Shamrock Farms, and Danzeisen Dairy. Also, did you know that some store brand milk is sourced from our local dairies? Use this [online tool](#) to help you determine where your milk comes from.

**3**

### Shift a percentage of your food

### shopping habits to buying local.

Instead of shopping at grocery stores 100% of the time, buy from a farmers market once a week or once a month, whatever works for your budget.

**4**

### Instead of going to a chain or fast food restaurant,

divert some of that spending to a local restaurant, food vendor, or a food truck. You may be surprised to find that you can enjoy a tastier, made-with-love meal and spend about the same, or even less, at a local food business.

**5**

### Sign up for a Community Supported

### Agriculture (CSA) program.

CSAs are a weekly or monthly food box/bag subscription that gives you a discount on locally grown produce. A CSA program helps the farmer with a steady stream of income, and they can pass this benefit to their consumers with lower prices. Some CSAs can be purchased at a discount with Double Up Food Bucks, [learn more here](#).

Learn More at

[phoenix.gov/oep/PHXEatLocal](http://phoenix.gov/oep/PHXEatLocal)