Passport to Prizes

Thank you for eating local and
supporting local food & agriculture businesses!

Tell us how you ate local and be entered into a drawing for:

GRANDEST PRIZE: 100 Market Bucks--
yes, $100 at the Bellingham Farmers Market!
GREAT PRIZE: Think Local, Buy Local, Be Local t-shirt
GOOD PRIZES: Five other lucky winners will receive a
Think Local First Coupon Book & bumper sticker

Simply cut out this page or DOWNLOAD it at
www.SustainableConnections.org,
fill out both sides, and send to

Sustainable Connections
Eat Local Week
119 N. Commercial St, #350
Bellingham, WA 98225

by September 30, 2007. Winners will be notified by phone.

Name_____

Address_____

City_____ State_____ Zip_____

Phone_____ Email_____

Percent of food budget spent on local food this week_____

Percent of food budget normally spent on local food_____

The best part about Eat Local Week is:

Next year's Eat Local Week should include:

Check all Eat Local Week events & specials you participated in:

- ❑ Did the 100-Mile-Diet all week
- ❑ Used the Farm Map
- ❑ Visited these local farms:

_____

_____

Shopped at a Farmers Market
- ❑ Bellingham Farmers Market
- ❑ Fairhaven Farmers Market
- ❑ Ferndale Farmers Market

Had an all-local special at:
- ❑ Bellingham Golf & Country Club
- ❑ Bellingham Public Market
- ❑ Bistro Zazou
- ❑ Book Fare Cafe
- ❑ Boundary Bay Brewery & Bistro
- ❑ Diego's Mexican Grill
- ❑ Du Jour Bistro
- ❑ Festival Espresso
- ❑ Flats Tapas Bar
- ❑ Fools Onion
- ❑ Juice It
- ❑ La Fiamma Wood Fire Pizza
- ❑ Mambo Italiano
- ❑ Mount Bakery
- ❑ Nimbus
- ❑ Old Town Café
- ❑ Panini Grill & Deli
- ❑ Pastázza
- ❑ Pizzázza
- ❑ Prospect Street Cafe
- ❑ Swan Cafe

❑ All-local waffle cone at Mallard

Had local food at school:
- ❑ Bellingham School District
- ❑ Mt. Baker School District

Retail sample, demo or special:
- ❑ Community Food Co-op
- ❑ Terra Organica

Attended a cooking class:
- ❑ Cuisine by Claire
- ❑ Dandelion Organics/Pacific Chef
- ❑ Chef in the Market
- ❑ Latte Art Clinic at Festival Espresso

❑ Found a recipe at www.sustainableconnections.org

❑ Cooked an all-local meal at home

❑ Organized an all-local potluck

❑ Attended an all-local potluck

Saw a film:
- ❑ Real Dirt on Farmer John
- ❑ Power of Community

❑ Read this book about local food and agriculture:

_____

❑ Attended Kindred Spirits

❑ Donated to the Food & Farming Program

❑ Other:

For more information on any of the above, visit www.SustainableConnections.org

DONATE

Thank you! **You have helped support local food & agriculture by participating in Eat Local Week! Voting with your food dollars is very important, and consumer demand for local food drives this work.**

You can also help to:

❶ **Grow** that demand for local food,

❷ **Increase** efficiency in getting local food to local markets, &

❸ **Support** our community's beginning farmers,

by making a donation to Sustainable Connections' Food & Farming Program, which organized this Eat Local Week.

It's important!

In a global food system built around "efficiencies" of scale, distant processing centers, massive centralized distribution, and multi-million dollar competition, our local farmers are swimming upstream. Add that to the local realities of skyrocketing land prices, intense development pressure, volatile prices, increasing cost of production, and a changing & unpredictable climate, and we begin to see why we're losing farmers and farmland. **See reverse to see how the Food & Farming Program is helping.**

Please read more about this program on the reverse, and consider **sending a tax-deductible donation** with your Passport to Prizes to

Sustainable Connections
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Bellingham, WA 98225

or **donating online at www.sustainableconnections.org.**

Looking for a good time and another chance to support this work? Attend our enormously fun annual fundraiser on Sept. 16 at Depot Market:

Kindred Spirits Celebration & .2k Harvest Chase 1-6pm

$10, $100, $1000...every dollar helps fund this important and effective program.

Many, many thanks.

FOOD & FARMING PROGRAM

Supporting & building a vibrant & sustainable local food system in Northwest Washington.

Sustainable Connections' Food & Farming Program works closely with 80 local farms, 40 food-buying businesses, local & regional organizations and agencies, and the public of Whatcom County in these areas:

❶ TECHNICAL ASSISTANCE & EDUCATION

▶ ***Food To Bank On,*** **connecting beginning sustainable farms with training, mentors & market support while providing fresh high-quality food to Whatcom's hungry.**

Indicators: 16 brand-new farms have received valuable market support, training, and mentorship since 2003, and about $30,000 worth of farm-fresh food has been delivered to area food banks. At least eight beginning farmers intend to apply for two openings in 2008.

❷ NETWORKING & CONNECTIONS

- ▶ **Trade Meetings twice annually**
- ▶ **Farm Tours for chefs & food buyers**
- ▶ **Wholesale Directory of local farm product & buyers**

Indicators: June Trade Meeting attendance doubled in 2007, and the June '07 Chef Farm Tour evaluations rated the tour a 4.9 out of 5 possible. Participants report many new trade relationships

❸ MARKETING & PROMOTION

- ▶ **Whatcom Farm Map & Guide**
- ▶ **"Buy FRESH" branding campaign & media outreach**
- ▶ **Public Events such as Eat Local Week & "Veggie All-Stars" in high-profile local races**

Indicators: 69% of Bellingham residents recognize the Buy FRESH brand, demand for the Farm Map grew 150% in 2007, and participation in the program and events is increasing dramatically.

Food & Farming is a program of **Sustainable Connections**, a non-profit membership organization of well over 550 NW Washington business and community leaders working to transform and model an economy built on sustainable practices.