

Local Veg Box vs Supermarket

Total Miles Traveled

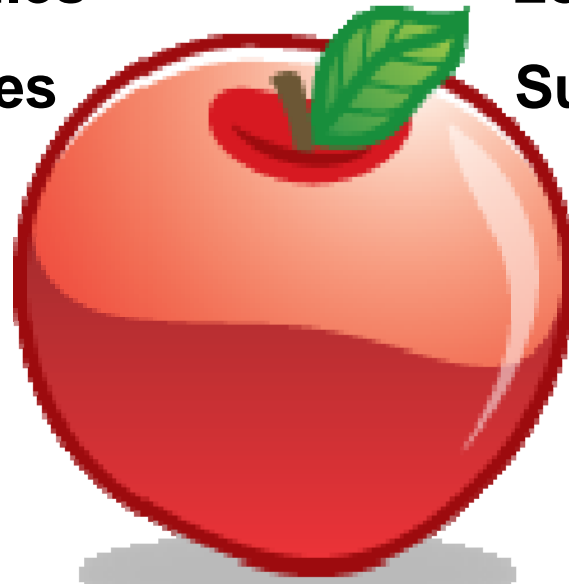
Local Veg Box: 969.6 miles

Supermarket: 11145 miles

Total CO₂

Local Veg Box: 199.1kg

Supermarket: 2287.5kg



That's a difference of 529,120 miles a year or over 21 times around the world!!!

Local Veg Box vs Supermarket

Why buy Local?

- For every £10 spent on an organic box scheme, £24 is generated in the local economy. By comparison, every £10 spent in a supermarket generates only £12 for the local food economy.
(www.pluggingtheleaks.org)
- Farms supplying directly to local consumers are 4 times more likely to use waste reduction techniques as those selling to wholesalers. (www.localfood.org.uk, F3)
- Fresh, local, organic vegetables are 40 times less likely to be contaminated with pesticides than conventional, supermarket vegetables. (The benefits of developing local food miles, Soil Association, 2003)

