

The economic foundation in london essay

[Nutrition](#)



**ASSIGN
BUSTER**

Over the last decade the increase in consumer concerns regarding food origin, have changed the landscape of consumer purchasing decisions and contributed to the growing demand for local produce and products. The locater movements are people and environments who have decided to eat locally grown or produced products; in fact it has become widespread over this past decade. Communities have considered whether a locater movement is beneficial in changing a population's nutrition while maintaining the local producers' businesses. The start to eating locally ends up to better tasting and fresher food. When eating locally produced food, keep in touch with the seasons which turn out to be " At their peak taste, and are the most abundant and least expensive" (Masses).

When the seasons come around that's when the produce turns out to be more plentiful, and available in larger quantities. When food is at their " most abundant and least expensive," consumers tend to buy more often. To keep in mind while going grocery shopping, " Food found at farmers' markets has often been picked within twenty- four hours of your purchase, and results to a much fresher taste" (Masses). When food is found ripe and pleasurable it fills a person's need to eat more of it, knowing it was recently shipped fresh. In addition, statistics have claimed that fresh food contains more naturally occurring vitamins and essential nutrients than processed food. Being one of America's most known health critics, Marion Nestle, follows up on local eating because the food composes us " To be more nutritious than what the average American was eating.

" (Smith and Mackinac). Local foods which come from fresh produce markets have a more chance of it consuming more nutrients. Locator's start to create

a healthier lifestyle for themselves and their rounding's. Eating locally helps the community, also the widespread growth of the economy. The economic Foundation in London states, according to studies that, " A dollar spent locally generates twice as much income for the local economy," instead of the money free- falling from the community (Masses).

Money that remains in the community benefits the environment as well as its income owners. Nonetheless, money that maintains within the community helps living standards for local farmers. You help by supporting your local providers who has their " Local open space... An economic reason to stay pen" (Masses).

When a consumer buys local, it gives farms and pastures a reason to persevere and achieve their land. By giving in and supporting local providers, it also supports the method of responsible land development. The increase in the locater movement has helped farms increase, which is " Gradually reshaping the business of growing and supplying food to American's" (Gogh). According to the Agricultural Department the local food movement has already accomplished a big step throughout the years. The impact of locator's brings back a revival of small farms that started declining more over a century. Although the movement turns out to become a work in progress, it's very difficult and time consuming to get it going. Some individuals may state that many areas of a larger population are cut off from the local produce, " They're a poor fit in modern urbanize societies," (Roberts). Local markets which carry fresh produce may not prosper in rural cities and urbanize societies; however it is beneficial for others in smaller populations.

The economy relies on foods being shipped halfway around the world, because of the long distance. Others contend that local food markets are not possible to occur in centralized cities, “ Eighty percent of us live in large, populated urban areas... Hundreds and thousands of miles away, from the major centers of food production.

” (Roberts). Many people who look for healthy produce are cut off by it from the cause of where they live, but if people have the perseverance to go healthy they should search for local foods. Decentralized food systems function great in decentralized societies. It’s hard to say no, when coming across supermarkets that have much more variety and are closer to your destination (Halt).

NO matter what is closer to Our estimation, we should all have the motivation to go out there and start living healthy. We have become addicted to thinking that the processed foods we used to eat can still be a part of our healthy lifestyles. Over the past decade, local produce have changed the way we look at our economic landscape and the community’s lifestyle. Ever since the locater movement became widespread, it has been beneficial to people and the way they live. A community should consider the locater movement because it is valuable in changing the population’s nutrition while also maintaining the businesses of the local producers’.