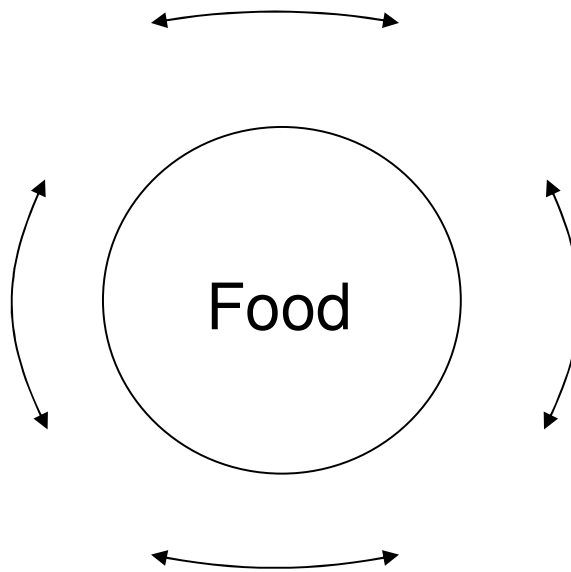


# Food From Findhorn 4 Fold Path

Spiritual

Ecological



Economic

Cultural

# Local Shopping eg Phoenix

## Regional Hub Shop

- Food Store
- Local Market
- Production Facility / Kitchen
- Café / Restaurant
- Cultural Store

## Local Hub

- Maximises use of all grades of local produce.
- For example, eggs too small or large for retail packaging can be used in kitchens and bakery.
- Allows fresh production to maximise health and taste, for example bread.
- Increases food skills at local level rather than imported finished products.
- Benefits local food economy by creating layers of economic benefit.
- For example fresh produce worth more as side vegetable in restaurant than per kilo of retail.
- Showcase for local foods in multi faceted formats.
- Education and information catering and production offers taste and experience of food.

# 6 Food Choices

- |                |  |
|----------------|--|
| 1) Eggs        | Pam and Nick<br>Wester Lawrenceton Farm                                  |
| 2) Meat (Pork) | Neil Wright<br>Mathesons   |
| 3) Bread       | Phoenix Bakery   |
| 4) Vegetables  | Earthshare   |
| 5) Coffee      | Equal Exchange<br>Organic and Fairtrade<br>via Highland Wholefood / Suma |
| 6) Cheese      | Loch Arthur<br>Demeter<br>Social Enterprise<br>Camphill Trust            |

# 10 Reasons to Support Local Shops

## **1) Co-creates vibrant human communities**

Market formats on daily basis encourage local human contact and relationships.

## **2) Maximises regional food economy**

All income and profits stay within region. Local shops more local economic benefit than supermarkets.

## **3) Contributes to Health and Food Quality**

Locally made fresh food likely to have better nutrition and taste.

## **4) Minimises ecological / environmental damage**

Less air miles, packaging and transport.

## **5) Creates employment**

Local food retailing creates more employment than "imported" supermarket produce.

## **6) Offers young people jobs / apprenticeships / mentors**

Local fresh food offers more variety and skills, eg. fresh cheese counter rather than chiller cabinet.

## **7) Supports sustainable local food production**

Local market can absorb various grades of food and wider range.

## **8) Promotes food not products**

Increases involvement in food with identity and heritage not just brand marketing.

## **9) Adds value to regional identity**

Local food different for each local region to attract food tourists, regional pride and identity.

## **10) Contributes to fairer world**

Local food supply usually offers win-win between supplier and retailer as regards price, terms of trading, dealing with human situations etc.