

A Fare Challenge?

30 miles for 30 days

Interested in where your food comes from?

Concerned about food miles, food security and your carbon footprint?

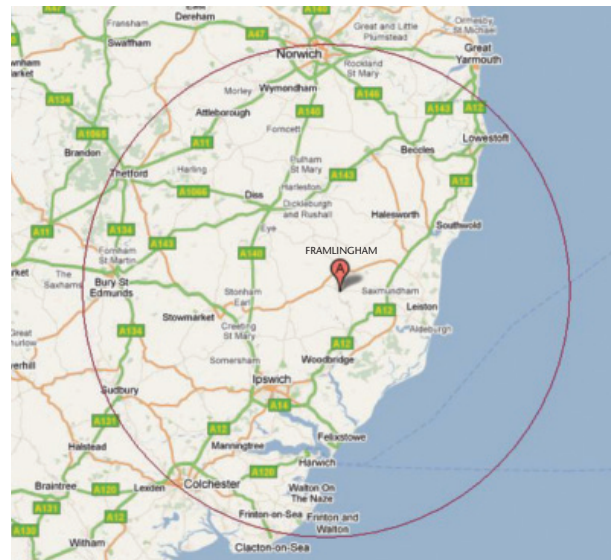
Want to celebrate local and seasonal produce?

Join Greener Fram on their challenge to eat only food grown and produced in a 30 mile radius of Framlingham for the 30 days of September 2011.

The rules are simple - 30 miles for 30 days but you are allowed 3 luxuries. Once you make your choice you can't change your mind! Salt and spices are allowed as we have always imported these.

The challenge hopes to raise awareness of what we eat, where it comes from and how, by choosing local, we can reduce our carbon footprint while supporting our local economy.

It could also pose some questions about how we might fare in a future with interrupted food supply and increasing fuel costs.



**GREENER
FRAM**

action for a positive future

To register your interest and for more information, including an invitation to a mid-challenge pub night and a final celebration, please email Martha Meek on martha0000@hotmail.com. You can also phone Martha on 01728 638048.

Visit www.greenerfram.org.uk for ideas on where to source local food

