

## Consumerism

### Did you know:

REI, Ace Hardware, and credit unions are considered Co-Ops.

There are two types of canning: Water Bath canning and Pressure canning.

There are over 8,000 farmers markets in the United States.

There are over 6,000 CSAs in the U.S.

There are over 300 Co-Ops in the U.S., generating over \$400 million annually.

CSAs offer products such as meat, dairy, flowers, herbs, bread, cheese, coffee, honey—even seafood and soaps.



Consumerism is defined as the protection or promotion of the interests of consumers. It encourages the purchasing of goods and services in increasing amounts.

Local consumerism makes our lives easier because of convenience and comfort. People become accustomed to familiar foods and locations. Buying locally generally costs less, the food is healthier to eat, and it keeps your money circulating locally.

CSA stands for community supported agriculture. They are a group of members that support local farms and share in the bounty once harvested. Canning is a great way to make these items stay fresh and last for long periods of time.

Co-Ops are businesses that are owned and operated by the people who work there or the people who use the services. They provide valuable services and save consumers money.

## Top Reasons to Buy Locally

- Build community
- Strengthen local economy
- Shape our character
- Create a healthier environment
- Lower taxes
- Choices
- Jobs and opportunities
- Give back to your community
- Increase wealth of residents
- Enhance local democracy
- Enhance local health

## Benefits of a CSA

- Very Fresh local foods
- Exposure to new fruits and vegetables
- Visit local CSA anytime
- Develop relationship with farmers
- Food expenses decrease
- Create local jobs
- See how your food grows
- Enjoy seasonal foods
- Year round farming



## Resources

[Ball: What is Canning?](#)

[Make Your Own: Personal Hygiene Products](#)

[SBA: Should You Start A CO-OP?](#)

[Local Food Bulletin](#)

[Food CO-OP Initiative: Start Here](#)

[Buy Local in Clark County](#)

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**Sustainable is Attainable:  
Promote Green Education and Practices**