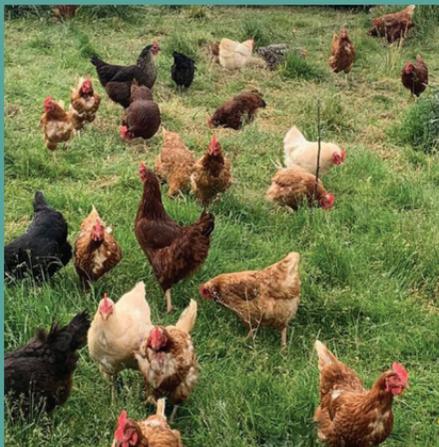




**FRESHFARM**

**BUILDING A STRONG REGIONAL FOOD SYSTEM**



## WHAT IS A FOOD SYSTEM?

A food system is the set of processes that feed a population that include how food is grown, harvested, processed, distributed, consumed, and disposed of or recovered.



## WHAT IS A STRONG REGIONAL FOOD SYSTEM AND WHY DOES IT MATTER?

Growing, harvesting, processing, distributing, consuming, and recovering are *interconnected* in a strong regional food system. All these elements work together to protect natural resources, fuel the local economy, and support the health and well-being of all community members, from growers to eaters, in a defined geographic area. FRESHFARM's work influences all aspects of our regional food system to advance sustainable agriculture, equitable food distribution, healthy consumption, and robust recovery to avoid food waste. We strive to create a more resilient, equitable, and sustainable Mid-Atlantic food system that works for everyone.

**You, too, are part of our regional food system and can support this movement by shopping at our markets, volunteering with us, donating to our cause, and sharing our mission. The choices you make today can help create a better food future. Get involved:**  
[www.freshfarm.org](http://www.freshfarm.org).



# AGRICULTURE



## FRESHFARM

supports a resilient regional food system by creating economic opportunities for local farmers and businesses that practice sustainable methods of growing, harvesting, and processing food. With our support, sustainable agricultural practices become sustainable incomes.



# DISTRIBUTION

## FRESHFARM

fuels the local  
food economy  
through  
farmers



markets, farm stands, and  
our innovative hyperlocal  
distribution model, which  
supplies community-based  
organizations serving high-  
need populations with  
locally grown food at  
wholesale prices.



# CONSUMPTION



## FRESHFARM

drives demand for local food through education, marketing, and food access.



At markets and in schools and Early Childhood Education centers, community members, students, and families learn about seasonal produce, enjoyable ways to prepare and eat local food, and where to buy it directly from farmers and producers. Our food access work lowers economic barriers and maximizes purchasing power for shoppers using federal nutrition benefits (SNAP/EBT).



# RECOVERY

## FRESHFARM's

cleaning efforts keep tens of thousands of pounds of local food out of landfills by recovering unsold food that farmers and producers have at the end of market and donating it to emergency food organizations. We also provide compost collection at many markets, which, in turn, enriches the region's soil and enhances agricultural output.





# FRESHFARM

**AGRICULTURE**  
growing  
harvesting  
processing



**DISTRIBUTION**  
packing  
transporting  
selling



## A STRONG REGIONAL FOOD SYSTEM

**CONSUMPTION**  
education  
food access  
preparing/eating food

**RECOVERY**  
gleaning  
recycling  
composting





**@FRESHFARMDC**

**[www.freshfarm.org](http://www.freshfarm.org)**

**[hello@freshfarm.org](mailto:hello@freshfarm.org)**

**FRESHFARM is a nonprofit based in Washington, DC that works to create a more resilient, equitable, and sustainable food future in the Mid-Atlantic region.**

SELECT PHOTOS COURTESY OF JULIANA GB