



I pledge to eat at least one thing from a local farm every day during Buy Local Week!

# Take the Buy Local Challenge July 23 - 31, 2011

**WHO?** Individuals, businesses and organizations can take the "Buy Local Challenge."

**WHAT?** The "Buy Local Challenge" is a voluntary pledge to include Maryland-grown products in your meals for one week. (Produce, eggs, meat, fruit, wine, etc.)

**WHERE?** Stock up at your local farms, farm stands and markets that offer genuine Maryland products, and dine at restaurants featuring local farm food and wine!

**WHY?** Supporting farms promotes fresher air, cleaner water, healthier families, stronger economies, safer food supplies and a greener, cleaner planet!

**WHEN?** Buy Local Week is officially the last full week in July every year. But you'll want to buy from Maryland farmers ALL YEAR after a week of fresh, delicious meals.

**HOW?** See the Web to take the official pledge (be counted!) and discover other ways you and your organization can be a part of the Buy Local Challenge.

**Support farms for a healthier world.  
Learn more at [www.buy-local-challenge.com](http://www.buy-local-challenge.com).**

A program of the Southern Maryland Agricultural Development Commission (SMADC)  
[www.smadc.com](http://www.smadc.com) • Get news and updates at [Twitter.com/SMADC](https://twitter.com/SMADC)

## Hey Maryland, Bring the Buy Local Challenge to your Workplace!

Win a catered lunch (and more) for everyone in your office.\*

Step 1. Have everyone in your workplace take the official pledge at [www.buy-local-challenge.com](http://www.buy-local-challenge.com).

Step 2. Take a photo (or photos) of your office taking the Challenge. Be creative! Have fun! Use props! Show the world that your office supports local farms!

Step 3. Upload your photo to the Buy Local Challenge Facebook page. Tell us the unique way your office took the Challenge, and list what local farm foods you enjoyed. (Full contest details on the website.)



## And the winner is . . .

Our judges will choose their favorite photo that is fun, creative and best portrays the spirit of the Buy Local Challenge. The winner will receive a catered lunch for their office (\*in Maryland only, up to 20 people) sponsored by the Southern Maryland Agricultural Development Commission, and some special local goodies delivered personally by the MDA Secretary Buddy Hance. Winning photos will be featured in a future ad—a great chance to promote YOUR office as farm-friendly!