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DIRW 0310

26 February 2014

Audience: Young Adult in their 18-23 years of age in the United States seeking a new healthy way of eating foods.

**Young adults going Locavore for a better lifestyle**

As children, young adults in the United States are taught to eat what they are served in their plate whether if it’s healthy or unhealthy. Even though as they grow up to be young adults are implied to eat foods according to the food pyramid. Although they refuse to pay attention to what they are eating until they turn 18-22 years of age. Young adults seek different diets that they can turn to, so they can become healthier and fit. As young adults seek different diets that can help them become healthier, they should consider trying out a **locavore** diet. Although a locavore diet may seem a bit **vernacular** it was recently **coined** to the dictionary as an actual word/ diet. Turning in to a locavore diet may give young adults benefits in their health, cost, and environmental aspects rather than foods that aren’t grown locally.

A locavore diet consists of eating foods that are grown locally within a 100-mile radius from where they live. Adapting a locavore diet can benefit their health greatly by giving them more nutrients that their body needs to maintain its organs functioning properly. Locally produced food is fresh and tastes better than eating foods that are brought to their neighborhood from elsewhere. By eating locally grown foods young adults are less exposed to preservatives and hormones that are added to foods when they are transported from place to place. Eating foods that are brought from somewhere else commercially can make your food to loose most of its energy and nutritional value rather than eating locally grown foods that have its full nutritional value and full energy. For example, if some young adults that reside in Florida eat an orange they are more than likely to be eating oranges with full nutritional value and freshly picked since they are grown throughout Florida. In contrast, if someone who eats an orange in Washington State will be eating an orange that is not fresh, and that does not contain most nutritional value than what it would have if they ate it in Florida.

Going locavore has its advantages when it comes to cost. Buying locally grown foods are cheaper than buying commercially imported foods because locally grown produce do not need the extra preservatives and hormones food grown elsewhere need. In addition, buying locally grown food can help boost your local economy. It may also help local **horticultural** farms receive more demand of produce, and helping them receive more profit for their products. Young adults will be also saving on the taxes on food that are on food that are imported to their local supermarket. In addition, when young adults purchase locally grown food they will save ¼ on transportation taxes. For example, the United States has a high **influx** on bananas grown in central and south america. Therefore, bananas are added preservatives and hormones in order to maintain them fresh just so they can arrive to their destination without going bad. Bananas are also added taxes for their transportation to North America.

In addition, going locavore will help out young adult’s local environment be safer and cleaner. By eating locally grown food will reduce the amount of food that is transported to their neighborhoods, and will reduce the pollution that trucks add to the environment as it transports food from place to place. Also, the reduction of trucks transporting foods from place to place will reduce the amount of non renewable fossil fuels burning up. For example, young adults who reside in Dallas, Texas can enjoy a local grown pear without harming the environment. By eating pears grown in Dallas they will provide a better air quality, and will reduce the amount of pears transported into Dallas. By doing that young adults in Dallas will reduce the amount of pollutants released into the atmosphere, and fossil fuels burned up.

Adapting a locavore diet will not only help young adult’s health improve it will help them save money and protect the environment from pollution. Eating locally grown food will help their health improve by providing fresh and natural nutrients added to their body systems. It will also help young adults save more extra money on unnecessary taxes implied on foods transported to their local supermarkets. Also, they will help improve the quality of your environment by making it safer by providing more trees, and fresh oxygen.

Citation

http://www.livinggreen.ifas.ufl.edu/food/local.html‎

//www.beechwoodhotel.com/blog/2012/04/the-many-benefits-of-eating-local/

http://www.ecoevaluator.com/lifestyle/smart-food/benefits-of-locally-produced-food.htmlation