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NH Food Alliance & NH Eats Local
University of New Hampshire
The Sustainability Institute
107 Nesmith Hall
131 Main Street
Durham, NH 03824-3547

Greetings from...
Feel free to write us a message!



NH EATS LOCAL

Celebrating the farmers and food
producers of the Granite State
August is NH Eats Local Month. Join us!



nheatslocal.com | [@nheatslocal](https://twitter.com/nheatslocal)

Live Free. Eat Local. Win Prizes.

Take the Live Free + Eat Local Challenge! We're asking people across the Granite State to eat at or from five different New Hampshire farms or food businesses during 2022 NH Eats Local Month.

Here's how it works:

STEP 1: Eat at or from five (or more!) local farm or food businesses in New Hampshire. Shop at a local farmers' market, visit a pick-your-own farm, dine at a restaurant that sources local food, or pick up locally grown food at your community's co-op or grocery store.

STEP 2: Write down the names and locations of the farms or food businesses on the Live Free + Eat Local Challenge submission form.

STEP 3: Submit! In order to be entered to win a prize, complete your Live Free + Eat Local Challenge submission by:

Tearing off and mailing the pre-addressed submission form

OR

Submitting your form online at nheatslocal.com

BONUS! While you're out eating local and filling up your Challenge form, make sure to snap a photo and post it on social media or email it to us. Tag us **@nheatslocal** and **#nheatslocalmonth** and tag the local farm or food business.

Scan the QR code for more information, including prizes, rules, and how to find local food near you.



NH Eats Local Month is led by the staff and partners of the NH Food Alliance, a statewide network coordinated by UNH's Sustainability Institute.

Live Free + Eat Local Challenge

SUBMISSION FORM

Please write the name and town of the New Hampshire farm or food businesses you visited below.

1. _____

2. _____

3. _____

4. _____

5. _____

NAME _____

EMAIL _____

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