

WELLNESS CONNECTION

LIVE WELL. WORK WELL.

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HEALTHY HARMONY - Shop at Your Local Farmers Market



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Do you know where the food you buy comes from or how it's grown? Last month I encouraged you to reflect on your wellness goals and put a plan into action to improve your overall wellbeing. If you set a goal of eating more of the foods that are good for you, one of the best ways you can achieve that is to visit your local farmers market. A number of communities host farmers markets and you are also supporting your community by buying local. You can use the USDA National Farmers Market [Directory](#) or the Illinois Buy Fresh Buy Local [guide](#) to locate one nearest you.

Farmers markets have freshly picked, in season produce.

Fresh fruit and vegetables in season taste better and provide better nutrition. They are grown and harvested at the right time, which means they spend less time getting from the farm to your table. If you are not sure what fruits and vegetables are in season, check out the USDA's seasonal produce [guide](#).

In the event you bought too much or have your own plentiful garden this year, you can check with your local food pantries to find out if they accept donations. The University of Illinois at [Springfield](#) hosts a 24/7 food pantry on the west end of the Student Union. You can find a number of food pantries in [Chicago](#) and [Champaign-Urbana](#) communities as well. Do your research and make a commitment to buy local and support your local farmers and communities!