

Nowadays food travels thousands of miles before reaching consumers. It affects the agriculture and economy of the destination country and for this reason people should prefer food produced by local farmers.

Do you agree or disagree? Give reasons for your answers and include examples from your experience.

Today thanks to modern facilities, people access difference types of foods from around the world. However, it seems that this blessing has caused some problems for local communities or the globe.

Primarily, imported from distant locations, food escalates climate change and global warming problem. Transference of food needs to burn more fossil fuels and for keeping them in fresh and good shape we should consume more energy and keep them cool, ; the energy which usually comes from fossil fuel sources. However, when people have a tendency to consume local food products especially when these foods are supplied in the local market, a tremendous amount of greenhouse gases will be reduced.

Secondly, it seems that local foods usually are fresher and healthier owing to complete process of growing and ability to track their sources. Some of the Imported foods especially vegetables and fruits are picked up unripe due to avoiding spoiling or mush. However, local ones can ripe naturally and therefore amounts of vitamins and minerals are more in them. Moreover, food traceability in area of food safety has a significant role and this process can be done easily about local food rather than foreign ones.

Lastly, buying local food products will develop local economy and straighten local community ties. When people prefer local food, it will help farmers and food producers to develop their businesses and will decrease the unemployment rate. In addition, business interactions between local producers and customers in food markets is a factor or excuse for increasing communication between local residences while this interaction is extremely limited about overseas food producers and their buyers.

In conclusion, it seems that except some food products that owing to geographical or technological limitations cannot be produced in any place, we

can produce our essential foods locally; just as the old days when we did not have many choices and fruits were not well-formed but they were much tasty.