

# Dakota LOCAL FOOD CHALLENGE



# LOCAL FOOD LOG

Name: \_\_\_\_\_

Address: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Street address: \_\_\_\_\_

City \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Which level? (check one)    **Basic** (fruits and veggies) \_\_\_\_\_    **Hardcore** (all but 7 nonlocal items) \_\_\_\_\_

DATE	LOCAL FOOD(S)	LOCAL SOURCE	COMMENTS
Saturday, Sept. 12			
Sunday, Sept. 13			
Monday, Sept. 14			
Tuesday, Sept. 15			
Wednesday, Sept. 16			
Thursday, Sept. 17			
Friday, Sept. 18			

**HOW TO FILL THIS OUT:** Record the LOCAL FOOD(S) you ate that day in that column. (No need to record nonlocal foods.) Put where you got the food in the LOCAL SOURCE column. The COMMENTS column is optional, and you can either record comments here or on the forum page ([www.forum.dakotafire.net](http://www.forum.dakotafire.net)). This is so we can learn from one another—put recipe ideas, comments on taste, or struggles with the challenge here.

# LOCAL FOOD LOG—continued

DATE	LOCAL FOOD(S)	LOCAL SOURCE	COMMENTS
Saturday, Sept. 19			
Sunday, Sept. 20			
Monday, Sept. 21			
Tuesday, Sept. 22			
Wednesday, Sept. 23			
Thursday, Sept. 24			
Friday, Sept. 25			

Don't forget: All participants receive a free "I WENT LOCAL" T-shirt!  
You just need to send this form back to us.

Send this form via e-mail to: [golocal@dakotafire.net](mailto:golocal@dakotafire.net).

Or send it in the mail to:  
Dakota Local Food Challenge  
PO Box 603  
Frederick, SD 57441

*Thanks for  
going local!*