LOCAL IS BETTER

FRESH AND DELICIOUS
Picked at peak ripeness and delivered quickly, local produce offers ideal freshness and full flavor.

HEALTHY AND SAFE
Locally sourced produce retains more nutrients than many store-bought varieties and is typically not exposed to preservatives or chemicals for artificial ripening.

BOOSTS OUR ECONOMY
Buying local supports hard-working local farmers and keeps dollars in WNY.

LESS ENVIRONMENTAL IMPACT
Eating local foods reduces CO₂ emissions from less transportation and can help preserve local green space from being developed.

Thanks to the Farm to Hospital initiative, now serving produce grown in WNY.

FRESH FACTS:
- The average food travels 1,500 MILES before it’s consumed
- Produce from Farm to Hospital is grown LESS THAN 50 MILES from Buffalo

60% of BNMC employees say that choosing local foods is very important to them.