

**Do you believe**



**in buying local?**

THERE ARE SO MANY GOOD REASONS TO BUY LOCALLY GROWN!

Exceptional Taste and Freshness

Local farmers offer food that is bred for taste and freshness rather than shipping and long shelf life.

Strengthen Local Economy

Buying locally grown food keeps your dollars circulating in the Cape Cod community.

Support Endangered Family Farms

Family farms are part of the American tradition of self-sufficiency and serve as the basis of local communities.

Safeguard Your Family’s Health

Knowing where your food comes from allows you to be sure that your food is free of pesticides, hormones, antibiotics, etc.

Protect the Environment

Local food doesn’t have to travel far, reducing carbon monoxide emissions and packaging materials.

Buying Local is Easy

Use our website to find a farmer, farmers’ market, farm stand, CSA, restaurant or other local food outlet near you.

JOIN THE MOVEMENT!



Visit [BuyFreshBuyLocalCapeCod.org](http://BuyFreshBuyLocalCapeCod.org), to find farmers’ markets, farmstands, restaurants, bed & breakfasts and more that support locally grown.



Sign up for our email newsletter at our website. Invite your friends to do the same!



Help spread the word with our stylish Buy Fresh Buy Local Cape Cod bumper stickers, magnets, reusable grocery bags and more!



Follow us on facebook.



Become a Partner! Any Cape business that grows, serves, processes or sells Barnstable County-grown products (or wants to!) is eligible to join. (Visit our Website for Partner benefits.)

BE A SUPPORTER

Supporters are individuals, organizations or businesses who want to help the BFBL Cape Cod program achieve its mission of connecting people on the Cape with locally grown farm and sea products.

As a Supporter you will receive:

- ☐ BFBL Cape Cod bumper sticker
- ☐ BFBL Cape Cod Guide mailed to you
- ☐ monthly email newsletter



Yes! I want to be a Supporter of the BFBL Cape Cod Program! Choose one:

\$10  \$25  \$50  Other

NAME (s)

MAILING ADDRESS

CITY, STATE

ZIP CODE

EMAIL

WHY DO YOU WANT TO SUPPORT BUY FRESH BUY LOCAL CAPE COD?

Please make your check payable to Barnstable County and mail with this form to:  
Buy Fresh Buy Local Cape Cod ~ P.O. Box 367 ~ Barnstable, MA 02630 Questions?  
Email: [tara.racine@capecod.gov](mailto:tara.racine@capecod.gov) Phone: 508-375-6695