Food From Findhorn
4 Fold Path

Spiritual

Ecological

Food

Economic

Cultural

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Local Food
Findhorn 2008
David Hoyle
Local Shopping
eg Phoenix

Regional Hub Shop

• Food Store
• Local Market
• Production Facility / Kitchen
• Café / Restaurant
• Cultural Store

Local Hub

• Maximises use of all grades of local produce.
• For example, eggs too small or large for retail packaging can be used in kitchens and bakery.
• Allows fresh production to maximise health and taste, for example bread.
• Increases food skills at local level rather than imported finished products.
• Benefits local food economy by creating layers of economic benefit.
• For example fresh produce worth more as side vegetable in restaurant than per kilo of retail.
• Showcase for local foods in multi faceted formats.
• Education and information catering and production offers taste and experience of food.
6 Food Choices

1) Eggs
   Pam and Nick
   Wester Lawrenceton Farm

2) Meat (Pork)
   Neil Wright
   Mathesons

3) Bread
   Phoenix Bakery

4) Vegetables
   Earthshare

5) Coffee
   Equal Exchange
   Organic and Fairtrade
   via Highland Wholefood / Suma

6) Cheese
   Loch Arthur
   Demeter
   Social Enterprise
   Camphill Trust
10 Reasons to Support Local Shops

1) Co-creates vibrant human communities
Market formats on daily basis encourage local human contact and relationships.

2) Maximises regional food economy
All income and profits stay within region. Local shops more local economic benefit than supermarkets.

3) Contributes to Health and Food Quality
Locally made fresh food likely to have better nutrition and taste.

4) Minimises ecological / environmental damage
Less air miles, packaging and transport.

5) Creates employment
Local food retailing creates more employment than "imported" supermarket produce.

6) Offers young people jobs / apprenticeships / mentors
Local fresh food offers more variety and skills, eg. fresh cheese counter rather than chiller cabinet.

7) Supports sustainable local food production
Local market can absorb various grades of food and wider range.

8) Promotes food not products
Increases involvement in food with identity and heritage not just brand marketing.

9) Adds value to regional infertility
Local food different for each local region to attract food tourists, regional pride and identity.

10) Contributes to fairer world
Local food supply usually offers win-win between supplier and retailer as regards price, terms of trading, dealing with human situations etc.