What You Eat, Where You Shop, What You Spend…

List what you normally eat in an average day (include restaurant meals).

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List where you normally shop for groceries, clothing, house hold supplies, auto repairs etc.

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How many miles per week do you drive to accomplish these tasks?

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How much money do you spend combined for all of these services (on average)?

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Now make a new plan to eat and shop locally than compare your results. Reprint this page to start the journey for your new commitment to yourself, your community, your environment, and your health.