



BUYING LOCALLY



“Think Globally – Act Locally” – urges people to consider the health of the entire planet and to take action in their own communities and cities.

Buying local simply means supporting local business by buying products that are produced right in or around your hometown versus nationally or internationally.

Supporting Local Economy

By buying local, the money that you spend stays where it is. By spending money in your own town at local businesses, you know that the money spent is directly helping someone who lives nearby and supporting your local economy. It is estimated that by raising local spending by just 10% in a community, nearly 100 additional jobs would be created.

Fresher Produce

The produce comes straight from the garden to the farmer’s market table, where you purchase it and bring it home, buying only the freshest produce available.

Greater Variety

You’ll begin to appreciate more the fruits and vegetables that are only available seasonably – you’ll notice a crisper, fresher taste in the seasonal produce that you can’t find in the off-season stuff.

Connect with the Producer

Maybe you have a food allergy and need to check all of the foods you consume, or you’re living a vegan lifestyle and you can’t wear clothing that contains any animal products. One of the benefits of buying local produce and locally produced goods is that you can connect personally with the person that created it and is selling it to you. That means you’ll know if the cucumber you are about to buy was harvested with any pesticides that you may be allergic to, or you’ll know exactly what kind of fabric and thread the tailor used when they made the shirt you’re considering purchasing. You get a connection with the producer that you don’t get when you buy from the big-name stores. The producer of the product you are buying knows more about it than anyone else and buying locally is a great way to find out exactly where your product came from and how it came to the table that you’re buying it from.

Helps the Environment

If you go to a local farmer’s market, you can probably walk there. The products themselves also don’t have to travel to get to the consumer – they come straight from the farm instead of being shipped from a far away place. Less packaging is required for the products – you can usually buy them fresh, just picked and unpackaged. Local farmers in particular tend to treat their land very well when they’re harvesting crops, so by supporting local farmers, you’re also helping to ensure that the land around you stays natural and undeveloped, and you’ll know that it’s well cared for. So the next time you head out to your grocery store or a department store to shop for clothes, first think of whether you can buy the product you’re out to get locally. If you can, take advantage. You really can’t go wrong with locally grown and locally produced items. Pledging for Change

<http://pledgingforchange.com/articles/the-advantages-of-buying-local.php>



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Church Teaching

"The great danger in today's world, pervaded as it is by consumerism, is the desolation and anguish born of a complacent yet covetous heart, the feverish pursuit of frivolous pleasures, and a blunted conscience. Whenever our interior life becomes caught up in its own interests and concerns, there is no longer room for others, no place for the poor. God's voice is no longer heard, the quiet joy of his love is no longer felt, and the desire to do good fades."

Pope Francis, *Evangelii Gaudium*

"Just as each of our bodies has several parts and each part has a separate function, so all of us, in union with Christ, form one body, and as parts of it we belong to each other."

Paul's Letter to the Romans

"It is impossible to promote the dignity of the person without showing concern for the family, groups, associations, local territorial realities; in short, for that aggregate of economic, social, cultural, sports-oriented, recreational, professional and political expressions to which people spontaneously give life and which make it possible for them to achieve effective social growth"

Pope Pius XI, *Quadragesimo Anno*

Solidarity "is not a feeling of vague compassion or shallow distress at the misfortunes of so many people, both near and far. On the contrary, it is a firm and persevering determination to commit oneself to the common good; that is to say to the good of all and of each individual, because we are all really responsible for all"

Saint John Paul II - *Sollicitudo rei socialis*

The principle of participation, "each one of us has to respond, as best we can, to the Lord's call to build up his Body, the Church." [1] Pope Francis reminded us that we are destined to live in community with one another and God to create and organise our communities together.

Pope Francis - Apostolic Visit to Philadelphia (U.S.) in 2015.

Ideas for Action:

- 15 Reasons Why You Should Shop At A Local Company
<https://smallbusiness.co.uk/fifteen-reasons-choose-local-company-2542429/>
- UN Good life Goals
https://wedocs.unep.org/bitstream/handle/20.500.11822/26434/GLG_Action_Pack.pdf?sequence=1&isAllowed=y
- Small Business Saturday <https://www.theguardian.com/money/2013/dec/06/shop-locally-small-business-saturday-seven-reasons>
- Totally Local – Join the Fiver Fest movement! <https://totallylocally.org/stuff/>



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Liturgical Resources:

[CAFOD - Care for creation liturgies and prayers](#)

[St Andrew's & Edinburgh Diocese - Season of Creation liturgy resource](#)

[Australian Catholic - Liturgical Resource](#)

[Sisters Of Mercy - Laudato Si and Sisters of Mercy's Critical Concerns](#)

[Peacemeal - Liturgy ideas for sharing a meal.](#)

[Global Catholic Climate Movement - Liturgical, prayer and spiritual resources.](#)