April Cut-outs

Did you know?

RECYCLING SAVES ENERGY

**WHY SHOULD WE CARE?**

Recycling uses LESS energy, so FEWER fossil fuels are burned, which REDUCES carbon dioxide in the atmosphere and DECREASES greenhouse gases, which DECREASES global warming.

95% 75%

Using recycled scraps to make aluminum cans uses 95% less energy than making cans from raw materials. It takes 75% less energy to make recycled steel than steel produced from raw materials.

ENERGY IS USED IN THE STAGES OF PRODUCT DEVELOPMENT:

- Extraction of raw materials
- Manufacture of raw materials into products
- Product use by consumers
- Product disposal

Energy plays a role in all 4 stages. Knock out one of those steps by recycling and you've saved energy.

For more recycling and energy-saving information, visit www.recyclenorenc.org.
Why Farmers Markets?

Stimulate Local Economies
Locally-owned retailers, such as farmers markets, return more than three times as much of their sales to the local economy compared to chain competitors.

Preserve Farmland & Rural Livelihoods
The U.S. loses an acre of farmland a minute to development.

Increase Access to Fresh, Nutritious Food
The 7 Seattle farmers markets hosted by the Neighborhood Farmers Market Alliance support 9,491 acres of farmland in diversified production.

Support Healthy Communities
25% of vendors derive their sole source of income from the market.

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Growers selling locally create 13 full-time jobs per $1 million in revenue earned. Those not selling locally create 3.

Markets are small business incubators.
“Selling at the market allowed us to start our business slowly... We wouldn’t be here without the market.” - Fredy Kaufmann, Owner, Proper Sausages, Miami Shores, Florida

60% Of farmers market shoppers in low-income neighborhoods say that their market has better prices than the grocery store.

300% Increase in SNAP benefits (food stamps) redeemed at U.S. farmers markets from ’09 to ’12.

500% Increase in the number of vulnerable seniors visiting Crescent City Farmers Markets (New Orleans) from 2008-2013.

People who shop at farmers markets have 15-20 social interactions per visit.

They would have only 1-2 per visit to the grocery store.

Markets provide the opportunity for farmers and neighbors to educate each other in nutrition, cooking & agriculture.

Proximity to farmers markets is associated with lower body mass index.

67% of farmers market incentive program participants in NY increased their fruit and vegetable intake.