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October 3-9, 2009
Local Matters Local Foods Week
*Local Dinners * Wine Tastings * Cooking Demonstrations * School
Garden Tours * Kitchen Tours * Beer Tastings * Bike Rides*

COLUMBUS, Ohio, October 1, 2009: Local Matters announces Local Foods Week – a week to celebrate local food and raise awareness about the need to make healthy, local, sustainability grown food accessible to everyone.

“Local food connects us to some of the most important issues of our time, obesity, diabetes, climate change and economic opportunity,” said Chef Michael Jones, Executive Director of Local Matters. “With the support of our community partners, we’re able to add a little more delicious to our lives with Local Foods Week!”

Highlights of Local Matters Local Foods Week include:

Saturday, October 3

Market-to-Market bike ride between The Hills Market and North Market
Jeni’s Ice Cream in the Short North sponsors Local Matters 1000 Friends event

Sunday, October 4

Family Afternoon in a School Garden
Taste of Grandview, by Third and Hollywood

Monday, October 5

Family Style from the Farm, by Alana’s

Tuesday, October 6

Cow to Cone, kitchen tour of Jeni’s Splendid Ice Cream
Local dinner from local farmers, by The Worthington Inn

Thursday, October 8

The Hills Market Local Foods Fall Family Fun Spaghetti Dinner
House Wine Local Tasting

Friday, October 9

Whole Foods Market Fridays at Five Special Local Harvest Tasting & Fall Crush

*For a complete schedule of Local Matters Local Foods Week activities,
visit www.local-matters.org.*

“We’re excited to be part of Local Matters Local Foods Week,” said Jeni Britton, founder of Jeni’s Splendid Ice Cream. “Jeni’s gets its dairy from Ohio farmers and during the growing



season, our kitchen reflects the flavors of the Ohio countryside. Local Matters Local Foods Week is another way we can support our farmers, and encourage others in the community to do the same.”

About Local Matters

Local Matters is a 501(c)3 not-for-profit organization in Columbus, Ohio. The organization works to improve the quality of life in our community by insuring that everyone has equal access to local, healthy and sustainably grown food. Local Matters offers three, synergistic programs to succeed in their mission: 1.) Farm to Fork creates market and distribution opportunity for local farmers; 2.) Urban Agriculture is a collaboration with neighborhood partners to grow and distribute local food through the creation of urban farms and with the support of our Veggie Van; and 3.) *Local Food to School* brings nutrition education to pre-school and early-elementary students. To learn more, visit www.local-matters.org.