

# NINE FINE WAYS TO INCREASE ALASKA'S FOOD SECURITY

## 1. EAT WHAT GROWS HERE

- Alaska is rich in wild foods including fish, game, mushrooms, and edible plants.
- Alaska farmers excel at growing carrots, potatoes and other root vegetables, berries, broccoli, cabbage, kale, and barley. They also produce significant amounts of meat, poultry, and eggs, and a wide variety of fruits and vegetables.
- Try gradually shifting from imported to more local food.



## 2. SPEND \$5/WEEK More than 95% of our food is imported.

If every Alaskan spent \$5/week on Alaska Grown food, it would have an \$188 M impact. Alaska farmers produce \$32 M in products annually, and most say they would increase production if they had more market options.



## 3. SUPPORT LOCAL FARMERS

Become a farmers market regular, join a CSA (Community Supported Agriculture) group, or buy direct!



See the *Central Peninsula Local Food Directory* for more info!

### ***Farmers Fresh Market***

*Tuesdays, 3 - 6 pm*

*@ Kenai Peninsula Food Bank*

### ***Soldotna Saturday Market***

*Saturdays, 10 am – 2 pm*

*@ Kenai Spur & Corral*

### ***Soldotna Wednesday Market***

*Wednesdays, 11 am – 5 pm*

*@ Soldotna Creek Park*

## 4. ASK FOR ALASKA GROWN

Every time you eat out or shop at a grocery store, ask for Alaska Grown. (They'll get the message!) Remember that Alaska seafood, carrots, cabbage, potatoes, and barley are available year-round.





# ...AND PROMOTE SUSTAINABLE AGRICULTURE

## 5. INCREASE YOUR EMERGENCY FOOD SUPPLY

Whether it's enough for a week, a month, or a year, every step toward household self-sufficiency will help Alaska weather a crisis that disrupts our imported food supply.

## 6. LEARN HOW TO

garden, fish, hunt, gather, cook  
and preserve food.



## 7. TEACH KIDS HOW TO garden, fish, hunt, gather, cook and preserve food. Passing skills on to the next generation is essential for Alaska's long-term food security.



## 8. ADVOCATE FOR FOOD- AND FARM-FRIENDLY POLICIES

We need state, borough and city policies and programs that:

- protect subsistence and personal use harvesting
- protect current and future ag land
- encourage farm development
- fund food-system infrastructure



## 9. GET INVOLVED with one or more of these organizations, all of which are helping to develop Alaska's food system.

