

# GET GROW EAT THINK local



A new collaborative initiative by University of Hawai'i extension agents across the state was launched to strengthen connections within the food system and to support local agriculture. The effort focuses on opportunities to learn about the origin and production of local food commodities; the science and research behind food choices; and information on nutrition content, availability, and healthful uses of local products.

## WHY GET LOCAL?

Healthy people and healthy communities begin with a healthy food system. The GET Local initiative is working towards a healthier food system for Hawai'i and builds upon the College of Tropical Agriculture and Human Resources (CTAHR)'s fundamental strengths at the intersection of agriculture, food, nutrition, and health. GET Local expands on the farm to table concept by bringing the consumer to the field to see firsthand how food is grown and where food comes from, and by demonstrating easy and tasty uses of locally grown edibles. Being a successful producer of food requires skill, land, resources, favorable climate (enough rain and enough sun), but also people to buy the product. Increasing the interest and demand for locally grown food supports the local agriculture economy and better food sustainability in Hawai'i. GET Local is making the connections and helping people to grow, eat, and think local.



## HOW DOES IT WORK?

The GET Local initiative utilizes a variety of activities to educate participants. GET Local complements existing Extension programs and events through coordination and collaboration with partners. Crop field days, food demonstrations, and other educational events are used as vehicles to educate the public. Although these topics are typically viewed as separate components, the GET Local events seek to bring content expertise and participants from all parts of the food system together under a united purpose. Participants of GET Local events can learn about crop production issues and decisions, harvesting, food safety and nutrition, and preparation ideas and recipes.

Recent events include three GET Local Field Days. These events were the culmination of field trials that were conducted to collect crop variety and pest management data. Through the incorporation of the

GET Local initiative, an audience broader than growers was reached, allowing for delivery of information to support the larger local food system.

#### HOW TO PARTICIPATE

The GET Local initiative is meant to include all members of the food system and anyone working in agriculture, health, food, or other related areas, as well as home consumers are welcome to attend events. The initiative is also open to developing new partnerships and working with additional collaborators.



Do You:

- Develop options for local food production, promote healthy lifestyles, create new food products using local plant and animal products, or work with consumers of any age?
- Want to work as part of an inter-disciplinary food system group connecting growers through consumers?
- Work with community organizations interested in agriculture, food, nutrition, and health?
- Wish to contribute to building a healthy food system?

Join the GET Local initiative. For more information, contact Nancy Ooki, [ooki@hawaii.edu](mailto:ooki@hawaii.edu) or Julia Zee, [zee@hawaii.edu](mailto:zee@hawaii.edu).