

www.eatlocalkalamazoo.org



Wed., Sept. 30
3 – 9pm • PFC
ELK! Finale
Celebration!



Eat Local, Kalamazoo! is a celebration and exploration of the Kalamazoo area food system. Attend events, utilize the **Eat Local, Kalamazoo! Passport** and explore what it means to live and eat in Southwest Michigan.

SEPTEMBER 1st thru 30th

WHAT IS THE EAT LOCAL, KALAMAZOO! PASSPORT?

A variety of area markets and restaurants sell delicious items grown in Southwest Michigan. Throughout September take the attached **Passport** to area businesses listed on the back and look for local food. Each time you make a local-food purchase request that your **Passport** be stamped. At the end of September return your **Passport** to one of the participating businesses to receive a prize and be entered in a drawing!



WHY EAT LOCAL FOOD?

- Taste:** It is fresh and bursting with flavor!
- Money:** If Michigan residents spent \$10/week on LOCAL foods, over \$37 million/week would be invested back into our state economy.
- Health:** Variety and freshness mean more nutrients. Knowing the grower ensures safer food.
- Environment:** Consume less fossil fuel and support sustainable farming methods.
- Relationships:** Connect with farmers, neighbors and new friends.

EAT LOCAL, KALAMAZOO! PASSPORT

Keep this passport with you as you shop and dine at any of the **Eat Local, Kalamazoo!** sites on the back. When you purchase an item that was locally grown, or includes locally grown ingredients, ask to have your **Passport** stamped.

Remember to return your stamped **Passport** to one of the participating sites to receive a prize and to be entered in a drawing for gift certificates to local restaurants and markets!

NAME: _____
ADDRESS: _____
PHONE / EMAIL: _____

Winners will be notified in October.

EAT LOCAL, KALAMAZOO! COUPONS!

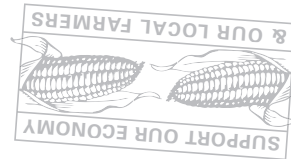
Bring entire Passport to use coupons; coupons will be validated at the participating restaurant or market.

- Oakwood Bistro**
\$5 off any purchase of \$25 or more
(good through Sept. 30, 2009)
- The Black Swan**
40% off for up to two people
(offer limited to food purchases made on Monday only; good through Sept. 30, 2009)
- Irving's Market**
10% off any purchase
(good through Oct. 31, 2009)
- Epic Bistro**
40% off for up to two people
(offer limited to food purchases made on Monday only; good through Sept. 30, 2009)
- People's Food Co-op**
10% off any purchase
(good through Sept. 30, 2009)
- Fieldstone Grill**
40% off for up to two people
(offer limited to food purchases made on Monday only; good through Sept. 30, 2009)
- Water St. Coffee Joint**
\$1 off any food or drink purchase
Not valid in combination with other punch cards, coupons, or discounts (good through Dec. 31, 2009)
- The Union**
40% off for up to two people
(offer limited to food purchases made on Monday only; good through Sept. 30, 2009)
- Natural Health Center**
\$5 off any purchase of \$25 or more
(good through Sept. 30, 2009)

further details: eatlocalkalamazoo.org



- Fest
- Community Harvest
- Southwest Michigan
- People's Food Co-op
- Michigan Land Trustees
- Kalamazoo Public Library
- Kalamazoo College
- Foundation
- Kalamazoo Community
- & Market
- Food Dance Restaurant
- Fair Food Matters
- Bronson Hospital



- 315 W. Michigan
- House
- Can-Do Kitchen Open
- 4 – 7pm
- Wednesday Sept. 30
- People's Food Co-op
- ELK! Finale Celebration
- Wednesday Sept. 30
- 3 – 9pm
- Food Dance Restaurant
- Fair Food Matters
- Bronson Hospital
- Richland Community
- Center
- 9400 East CD Ave,
- Richland

PARTNERS

EVENTS *continued*

CALENDAR OF EVENTS • SEPTEMBER

<p>Every Tuesday, Thursday, and Saturday 7 – 1pm Kalamazoo Farmer's Market 1201 Bank Street Sunday Sept. 6 5 – 8pm "Harvest Dinner on the Farm" Benefit 7894 East ML Ave, Kalamazoo Every Wednesday 8 – 12pm Texas Township Farmer's Market Texas Township Hall</p>	<p>Every Wednesday 3 – 7pm 100-mile Farmer's Market People's Food Co-op 436 South Burdick Street</p>
<p>Every Wednesday 11:30 – 6:30pm Southwest Michigan Community Harvest Fest 10515 East OP Ave, Scotts Tiller's International Farm</p>	<p>Every Saturday 4 – 7pm Can-Do Kitchen Open 315 W. Michigan</p>

PASSPORT PARTICIPANTS

SEPT 1 thru 30 • eatlocalkalamazoo.org

<p>FARMS</p> <ul style="list-style-type: none"> • Agroparaxis Farms • Blue Dog Greens • Gull Meadow Farms • Russell Farm • Tanstaafi Farmstead • The Tomato Ranch • Young Earth Farms <p>MARKETS</p> <ul style="list-style-type: none"> • Irving's Market • Natural Health Center • People's Food Co-op • Sawall Health Food <p>WINERIES</p> <ul style="list-style-type: none"> • Lawton Ridge Winery <p>OTHER</p> <ul style="list-style-type: none"> • The Victorian Bakery • Papa's Italian Sausage • Olde Peninsula Brew Pub • Oakwood Bistro • Mission Pointe • Food Dance Restaurant • Fieldstone Grill • Epic Bistro • Craftsman Chop Company • Bronson Hospital Cafes • Bravo Restaurant and Cafe • The Black Swan • A Food Affair <p>RESTAURANTS</p> <ul style="list-style-type: none"> • Water Street Coffee Joint • Webster's 	<p>RESTAURANTS</p> <ul style="list-style-type: none"> • The Black Swan • The Union • Water Street Coffee Joint • Webster's
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EAT LOCAL, KALAMAZOO! COUPONS!

See other side for details.
Each coupon good for one use.

<p>Oakwood Bistro</p>	<p>The Black Swan</p>
<p>Irving's Market</p>	<p>Epic Bistro</p>
<p>People's Food Co-op</p>	<p>Fieldstone Grill</p>
<p>Water St. Coffee Joint</p>	<p>The Union</p>
<p>Natural Health Center</p>	