

*The 100 Mile Diet A Year Of Local Eating Alisa Smith*

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### **The 100 Mile Diet A**

The 100-mile diet is a great way to start eating local foods and support local farmers. Read on to learn about its benefits and how to start implementing the 100-mile diet in your life today.

### **An Overview of the 100-Mile Diet - ecolife**

The 100-Mile Diet. The 100-Mile Diet: A Year of Local Eating (or Plenty: One Man, One Woman, and a Raucous Year of Eating Locally) is a non-fiction book written by Canadian writers Alisa Smith and J.B. MacKinnon. In the book, the authors recount their experiences, including motivations and challenges, on restricting their diet, for one year,...

### **The 100-Mile Diet - Wikipedia**

The 100-Mile Diet: A Year of Local Eating tells the full story, from the insights to the kitchen disasters, as the authors transform from megamart shoppers to self-sufficient urban pioneers. The 100-Mile Diet is a pathway home for anybody, anywhere.

### **The 100-Mile Diet: A Year of Local Eating: Alisa Smith, J ...**

Is the 100 mile diet one that is realistic for your average person leading a busy life? No, but it was never intended to be. Alisa and James set themselves a high challenge to discover what the real issues with local food sourcing were.

### **The 100 Mile Diet - GrowVeg.com**

The 100-Mile Diet was born. The couple's discoveries sometimes shook their resolve. It would be a year without sugar, Cheerios, olive oil, rice, Pizza Pops, beer, and much, much more. Yet local eating has turned out to be a life lesson in pleasures that are always close at hand.

### **The 100-Mile Diet: A Year of Local Eating by Alisa Smith**

The 100 mile diet is a term used in American food activism to describe a diet which consists entirely of foods grown and raised within 100 miles (161 kilometers) of the dinner table. Followers of the diet often describe themselves as "locavores," because they eat locally produced food.

### **What is a 100 Mile Diet? (with pictures) - wisegeek.com**

Life Living on the 100-Mile Diet Eating a truly local diet for a year poses some tricky questions. First in a series.

### **Living on the 100-Mile Diet | The Tyee**

The 100 Mile Challenge is a great story and an inspiration not just to eat locally but to think about where our food comes from. The writing is captivating and informative. This is a story you won't be able to put down. Read more cook book reviews. Return from The 100 Mile Diet to the homepage of Favorite Freezer Foods.

### **The 100 Mile Diet - favoritefreezerfoods.com**

Plus, the diet can be expensive and choices are limited to seasonal offerings. The Origins The concept of the 100-mile diet started to spread in 2005 when pioneers James MacKinnon and Alisa Smith decided to eat foods produced within 100 miles of their Vancouver home, which is surrounded by mountains, a valley and water.

### **The 100-Mile Diet - Emagazine.com**

Recently, the concept of the 100-mile diet has gained attention after the release in April of the book "Plenty: One Man, One Woman and a Raucous Year of Eating Locally." The book chronicles the efforts of authors James MacKinnon and Alisa Smith to eat foods produced within 100 miles of their Vancouver apartment.

### **A New Yorker Tries the 100-Mile Diet - The New York Times**

As for what most of us can do without losing too much weight; buy local as much as possible, and even if you can't get the 100 miles diet to be perfect, trying is better than doing nothing.

### Living On The 100 Miles Diet | TreeHugger

Yesterday, a Friday, was day 5 of the 100 mile diet, and a perfect day for me. Every Friday we take a field trip. Last Friday we went to the coast to boil seawater and make our own salt.

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