

# LOCAL FOOD AND ECOLOGICAL FOOTPRINT

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Although sometimes it is easy for us to understand what a local product is, there is a certain consensus in defining it as that food that is marketed in the same territory where it is produced, be it in the locality, the region or the region.

It is estimated that a large part of the food we consume travels between 2,500 and 4,000 kilometers before reaching our plate. In response to this, the [Slow Food](#) movement emerged in the US in the mid-seventies. This movement spread throughout Europe from Italy in the eighties and is considered the precursor of foods called "Kilometer 0", that is, those that are produced and consumed within a radius of no more than 100 km.

Beyond the accuracy of the distances, the products of "Kilometer 0" are a call to reflection, to investigate a little more about the origin of the food, its seasonality, who produces it, what raw materials are used, if they contribute to the preservation of local varieties, freshness... In short, to raise consumer awareness about the benefits of consuming local food and invite them to learn a little more about both the producers and the food they offer.

It seems clear that by choosing local products we are opting for a product that, in addition to being fresh, has traveled fewer kilometers to reach our plate. But if we think, as the [Food Miles](#) concept suggests, in the form of transportation and in the distribution chain, we will see that not only is the [ecological footprint](#) of this product due to the distances traveled, but also considerable savings in the energy consumed in the conservation and refrigeration of those foods during transport in refrigerated chambers or freezer trucks.

Also, since it does not require special packaging conditions for its preservation during transport, the use of