LOCAL FOOD CHALLENGE

Challenge yourself and have fun by completing as many local food challenge squares as you can during the month of September. Register for the challenge and you will be entered into drawings to win local food prizes! Drawings will be held the first week of November. For fun, share photos of each challenge you complete on our Facebook group **@NebraskaLocalFoodChallenge**, or by using the hashtag **#EatLocalNebraska** on social media. Register & learn more about the Nebraska 2021 Local Food Challenge at: **Bit.ly/NebraskaChallenge**

Create & share a recipe featuring local ingredients	Preserve locally grown food by fermenting, freezing, canning or drying	Eat a Nebraska-grown melon	Cook breakfast from locally grown ingredients	Visit a farmers' market	Talk with a farmer or rancher
Go to an event listed on the Local Food Challenge calendar	Give someone a bouquet of locally grown flowers	Make a smoothie or juice with local ingredients	Ask your grocery store about purchasing from local farms	Visit a local orchard	Visit a community garden (smell the flowers)
Grill out with Nebraska-raised meat or veggies	Make a beverage featuring locally grown herbs, produce or honey	Eat something you grew	Prepare Nebraska-grown corn three ways	Watch a film, series or video about local food or farming	Make broth from veggie or meat scraps
Learn about Nebraska Farm to School programs	Cook one meal using all locally grown/raised ingredients	Try local, farm fresh eggs	Try a locally grown food you've never had	Use honey from a Nebraska Beekeeper	Have a picnic featuring locally grown foods