

Eat Local Challenge SCORECARD

Track your progress for the week you choose to eat local. Send Ecotrust your completed scorecard and/or submit your story about eating locally, and you will be included in a raffle for subscriptions to *Edible Portland*. If you submit a story we just might include your experience in a future issue!

Goals this week

- 1 Spend 10% of my grocery budget on local food.
- 2 Try one new fruit or veggie every day.
- 3 Preserve fruits or veggies (jar, freeze, or dry) to enjoy later.



	NEW FRUIT OR VEGGIE	
	Eaten Today	Preserved Today
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
TOTAL NUMBER		

Amount spent on local food this week: \$ _____

÷ Amount spent on all groceries this week: \$ _____

= _____ (x 100) = percentage spent on local food: _____%

Name _____ Phone _____

Address _____ Email _____

City _____ State _____ Zip _____

How many members are in your household? _____

Please send completed scorecard and/or your story to:
Ecotrust, Attn: Eat Local Challenge
721 NW 9th Ave, Suite 200, Portland, OR 97209

Thank you for taking the Eat Local Challenge!

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