



# Local Foods: A Consumer Guide for Students of the College of Saint Benedict-St. John's University



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## Abstract

Increasing consumption of local foods among college students can improve overall health and support local community members. Unfortunately, many students do not know how or where to access these types of foods.

Through interviews and a review of area grocery stores, I assess local food options. Using these results, I created a comprehensive consumer guide to show students when and where they can access local foods in the area. The St. Joseph area has many opportunities for purchasing local foods through supermarkets such as Coborn's and Byerly's as well as the Minnesota Street Market that incorporate a variety of local farmers and growers in order to provide a diverse selection of local foods year round.



The Common Ground Garden is a community garden in St. Joseph that offers volunteer opportunities, educational events, individual plots and also sells to the St. Joseph Farmers Market.

## Conclusions

Through an examination of the local food options in the community and interviews with members involved, it is clear many options exist for CSB/SJU students who wish to eat locally. An assessment of a typical student's weekly budget for food suggests that reallocating funds from typical college student supermarket purchases to support local food consumption is a viable option for any student that is interested. Therefore, the comprehensive consumer guide can help eliminate difficulties and limitations to taking advantage of local food.



The St. Joseph Farmers Market is open on Fridays from 3pm to 6pm in the winter and offers a wide variety of produce and meats depending on the season.

## Methods

In order to develop a comprehensive consumer guide, I reviewed local supermarkets, conducted interviews with members of the Minnesota Street Market and St. Joseph Farmers Market to find out what type of local foods are available during the school year. I interviewed current college students about their food budget and eating habits to determine if eating locally is a viable option for college age students. I also created a user guide to serve as a tool for students to use if they are interested in taking advantage of local food options.



The Minnesota Street Market is open every day with the mission to provide high quality foods and to support sustainable, local agriculture production.

### St. Joseph Farmers Market

- . Produce
- . Meat
- . Dairy
- . Plants

### Minnesota Street Market

- . Produce
- . Dairy
- . Bread
- . Meat
- . Processed options