

Join us in our campaign to source food locally, support local growers and independent producers and help care for our landscape and health of the planet.

Log your food miles for September

1.	2.	3.	4.	5.	6.
7.	8.	9.	10.	11.	12.
13.	14.	15.	16.	17.	18.
19.	20.	21.	22.	23.	24.
25.	26.	27.	28.	29.	30.

- Find and source local food and drinks
- Grow and forage your own food
- Understand the seasonal aspect of growing
- Connect with nature, help slow climate change
- Look after our landscape
- Support growers and producers in the valley
- Cut your carbon footprint and plastic usage

Share your local food buys, producers and stockists
#30days30miles

IG @riverstourfest
T @riverstourfestival
F @riverstourfestival
riverstourfestival@gmail.com