Order takeout from a farm to table restaurant
Send a thank you note to your favorite farmers
Like 4 new local business Facebook or Instagram pages
Shop over the phone or with a local food retailer
Tell an employee at a local grocer that they are appreciated

Order online from a local food retailer
Share some extra food with your neighbors
Write a positive review for a local food business
Search to find out when your local farmers market opens
Share the positive about being at home on social media

Check on your older neighbors or family
Watch a video to learn about growing something new
Share a local food retailers social media post
Go for a walk on a local path or trail (please observe CDC guidelines)

Interact with a local food businesses’ social media post
Go through a curbside pickup from a local food restaurant
Have a virtual dinner with your friends or family
Write 5 positive reviews for local food businesses

Give a positive Yelp review to a local food business
Prepare your garden for the growing season
Email a local food business owner a positive note
Purchase a gift card to your favorite local food business
Tag #BFBLIllinois in an Instagram post

Find local food today at www.buyfreshbuylocalillinois.org and follow along at: 🌐🔍📸奂