<table>
<thead>
<tr>
<th>GROWING</th>
<th>HARVESTING</th>
<th>TRANSPORTING</th>
<th>PROCESSING</th>
<th>PACKAGING</th>
<th>WHOLESALING</th>
<th>RETAILING</th>
<th>EATING</th>
<th>DISPOSING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Growers use heavy equipment to prepare soil, and plant and maintain crops on huge farms of single “monocrops.”</td>
<td>Farm workers gather the ripened crop from the field using large machinery, harvesting great quantities at once.</td>
<td>Transportation workers move the food by air, truck, train, ship, or barge. Transportation may happen at many steps and for very long hauls.</td>
<td>Food processors use factory equipment to chop, grind, dry, boil, can, or freeze food to preserve it or to make it more convenient. Processed food is often greatly altered from its natural state.</td>
<td>Workers operate machinery to put food into cans, bags, boxes, or other containers for sale. The packaging protects food and helps sell it.</td>
<td>Wholesalers sell and distribute large quantities of foods to stores.</td>
<td>Retailers sell foods to customers, usually in supermarkets, grocery stores, or other stores.</td>
<td>People buy, prepare, and eat the food.</td>
<td>People discard leftover food and packaging. While most is recyclable or compostable, much of it ends up in landfills.</td>
</tr>
</tbody>
</table>
**LOCAL FOOD SYSTEM**

**DISPOSING**
Communities collect kitchen scraps for composting to add to farm soil. Minimal packaging means less in the landfill.

**GROWING**
Farmers prepare soil, plant, and tend crops on small farms growing a variety of crops.

**HARVESTING**
Farm workers often gather the ripened crops by hand from the field.

**RETAILING**
Farmers, restaurant owners, or local store owners sell food to customers.

**PACKING**
Farm workers put foods in reusable boxes or bags for transport.

**EATING**
People buy, prepare, and eat the food.

**TRANSPORTING**
Farmers move the food by truck or van to a farmers market, restaurant, or local store.