

# FARM TO FORK



There are five steps that food takes before it reaches your table: production, processing, distribution, retail, and consumer. Through these five steps – the lifetime of your fresh fruits and vegetables is shortened. By supporting farmers' markets – not only are you ensuring the lifetime of your fruits and vegetables is longer; but you are also supporting your local economy!

For more information, visit:  
<https://SoCoNJ.Gov/AgDay>

