



**SCHOLARS**  
STRATEGY NETWORK

## Connecting With Local Farms Is the Key Ingredient to Happiness

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Have you made it to a nearby apple orchard or pumpkin patch lately? If so, did that experience feel different from buying those products at the grocery store?

Seeing where your food is grown, and meeting farmworkers can be an important part of connecting with your community, and can even increase your well-being and happiness.

Every year on 16 October **World Food Day** is celebrated globally, **Here in the United States**, We use this day to focus on the goal of being able to eat a healthy diet every day. This is a good time to think about how and where the food we eat is produced and who grows it.