



# SUPPORT OUR OWN, CHOOSE LOCALLY GROWN.

Healthy Loddon Campaspe (HLC) is excited to relaunch the *Support Our Own. Choose Locally Grown.* campaign from 1 March to 24 April 2026. Following the success of the 2023 campaign, this year's initiative will spotlight a broader range of locally grown produce, including fruit, vegetables, grains, dairy, and lean meats/alternatives. Local producers from across the City of Greater Bendigo, Campaspe, Central Goldfields, Loddon, Macedon Ranges, and Mount Alexander Shires will be featured on the HLC website, social media, and a regional map showcasing locally grown foods.

## So why support locally grown?

- Your produce will be fresh and tasty.
- Locally grown produce is no more expensive than produce grown outside of our region.
- You will enjoy eating with the seasons.
- There's lots to choose from.
- Local growers, stores, and our local economy benefit.
- You are helping to reduce food miles.
- Eating fruit and veg is great for our health!



Learn more at: [www.healthyloddoncampaspe.au/chooselocallygrown](http://www.healthyloddoncampaspe.au/chooselocallygrown)