

# Is That Local?

To be certain the items you are reporting are **locally grown/raised and unprocessed**, make sure the answers to the following two questions are **YES!**

1) Was the food **GROWN/RAISED** in one of the following states?

If you're unsure, check the UPC or other label on the box for the name and location of the farm. This is especially important when using DOD Fresh.

- District of Columbia
- Maryland
- Virginia
- West Virginia
- North Carolina
- Pennsylvania
- Delaware
- New Jersey

2) Is the food **UNPROCESSED**? If it went through one of the following processes, it is still considered "unprocessed."

- Cooling, refrigerating or freezing
- Peeling, slicing, dicing, cutting, chopping, shucking or grinding
- Drying or dehydration
- Washing
- Cold pasteurization
- Vacuum packing, bagging or placing in cartons (as with eggs)
- Butchering (as with livestock, fish or poultry)

**Remember:** Please [report](#) only items that are **processed locally** (according to the above methods) if they have also been **grown/raised locally**.

**Questions?** Contact OSSE's Farm to School Specialist at (202) 442-8940 or [erica.steinhart@dc.gov](mailto:erica.steinhart@dc.gov).

