



# Centroc

## MEDIA RELEASE

**For immediate release**

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Approved by: Cr Phyllis Miller Chair of Central NSW Councils (Centroc)

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### **The Shiny Halo Understanding the 100 Mile Diet**

Shiny Halo Blog is an initiative to encourage action for a more resilient future. The Shiny Halo is an opportunity for you to share and find useful ideas, experiences and inspiration. Each week we put up new articles about the inspiring and often groundbreaking actions being taken by Councils, Businesses, Community Groups, Organisations, Schools and Individuals in Central NSW.

This week on The Shiny Halo, Kim Currie considers the latest food movement building momentum across regional NSW - the 100 Mile Diet.

“Why are we talking about a 100 mile diet in a country that changed to the metric system in 1970?” asks Kim. “Simply, imperial units such as ‘mile’ are still in use in Canada, where the 100 Mile Diet originated from an experiment in local eating by couple who chose to live for a year on only those foods which were grown and produced from within 100 miles of where they lived.”

Over the past few years the 100 Mile Diet concept has been embraced through events and tourism in the region. People and communities are using the concept as a useful tool to increase and promote the consumption of food from the local area.

“The 100 Mile Diet is all about promoting our local produce and producers and supporting our regional economies,” said Cr Miller “It is as much about healthy lifestyles as it is about healthy communities.”

“Let us know of any positive things you’ve done, or are doing, to help build social and/or environmental resilience, and Centroc will plant a tree for you in our region. Anyone is welcome to get involved in this project and every time you add a new comment about something you’ve done (in the section at the end of each article), we’ll plant another tree for you,” said Cr Miller

To check out all the latest happenings at the Shiny Halo get online and put this address into your browser <http://centroc.com.au/shinyhalo/>

**ENDS**

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