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100 Mile Plan

The Culinary Business Institute has witnessed several instances where a Personal Chef Service will embrace and capitalize on the “100 Mile” advantages. This means that whenever possible (this figure should be 80% or higher) the Personal Chef will secure food products from within a 100 mile radius of the service location. Not all Personal Chef Services can do this – meat, dairy, vegetables and/or seafood may simply not be produced within your 100 mile circle. You really don’t have any control over this. But it may be worth looking around to see exactly what is available within a specific distance. The benefits are many. There is an undeniable benefit to staying local – people like to know they are contributing back to their communities. Plus, locally grown or secured foods have a local quality not found elsewhere. This may be more appreciated by clients with allergies. The more local, generally the better. The one “local” food stock people almost always agree on for allergy relief is local honey. This honey contains elements that will actually assist your own immune system to build up a tolerance to allergens that otherwise may cause a reaction. We do not suggest you make claims that your 100 mile plan will solve problems – it may not. But the scientific evidence behind this does support the notion that people are better off eating locally produced rather than trucked in foods, either from within the USA or from across our border.

