

# The 100-Mile Diet: A Year Of Local Eating By Alisa Smith;J.B. Mackinnon

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MacKinnon, J. B.; Smith, Alisa (2007). *The 100-Mile-Diet: A Year of Local Eating*. Vintage Canada.

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Alisa Smith, a Vancouver-based freelance writer who has been nominated for a National Magazine Award, has been published in Outside, Explore, Canadian Geographic

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The 100-Mile Diet A Year of Local Eating by Alisa Smith; J.B. Mackinnon ISBN: 9780679314820 / 0679314822 Hardcover; Mississauga, On, Canada: Random House Canada

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Living on the 100-Mile Diet. Eating a truly local diet for a year poses some tricky questions. First in a series. By Alisa Smith and J.B. MacKinnon, 28 Jun 2005

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This wildly successful series written by J.B. MacKinnon and Alisa Smith details their commitment to only eat food produced within a 100 mile radius of their home.

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The book The 100 Mile Diet: A Year of Local Eating WHAT IS The 100 Mile Diet? Bibliography Alisa Smith the 100 mile diet was created to inspire eating local,

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The 100-Mile Diet: A Year of Local Eating they made a pact to eat only foods sourced within a 100-mile radius of their home for one year. Alisa Smith is a

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### **Uvic's celebration of 50 years of excellence -**

Oct 16, 2012 Alisa Smith captured the imagination of consumers with the publication of The 100-Mile Diet: A Year of Local Eating, co-authored with J.B. MacKinnon. The

### **J.b. mackinnon**

J.B. MacKinnon Independent journalist and author whose works include The 100-Mile Diet, a bestseller that helped catalyze the local foods movement. home; Books;

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