

Living Local worksheet

Food Travels

Name _____

1. What foods are identified in the mural as being local?

2. What foods are identified in the mural as being grown far away and requiring significant transportation?

3. Think about what you ate for breakfast, lunch and dinner yesterday, including snacks and drinks. What foods did you eat yesterday that you can see in the farmer's market scene?

4. Have you ever gone to a farmer's market to get local produce and other goods? ☐ Y or ☐ N

How far your food travels has consequences for the environment, the climate, and your health. The method of transportation used results in very different impacts with regard to how much carbon and other pollutants are emitted. Air pollutants can create higher rates of asthma and other respiratory problems. Importing food (bringing food into a country from another) by airplane creates greater greenhouse gas emissions than importing by ship. Food produced locally is the best choice to minimize the creation of emissions and pollutants – combining all locally grown food produces less carbon dioxide emissions through transport than just one imported product (NRDC 2007; <https://food-hub.org/files/resources/Food%20Miles.pdf>).

Below are some examples of where some of the food you buy in the grocery store might come from and how it gets transported.

Food Product	Country of Origin	Transport Method
Grapes	Chile	Ship
Navel Oranges	Australia	Ship
Rice	Thailand	Ship
Tomatoes	Mexico	Truck
Raspberries	Chile	Air
Bell Peppers	Netherlands	Air
Asparagus	Peru	Air

Think back to what you ate yesterday or last week – see if you can find out where your food is coming from, how many miles it took to get to you, and how it was transported. The website, **www.foodmiles.org** provides miles and other information on what goes into your food. Does this make you think differently about where you buy food and what you buy?
