

Nutrition Education from the Salmon Center

Travelling Food

Ages 10+



Sometimes we eat food grown in our backyard; sometimes it comes from across the country. Other times we eat food produced on a different continent! It's important to know where our food is grown so that we can make informed choices about how healthy it will be for us, and the impact it's travel had on the planet.

Materials:

- A few foods from your cupboards and refrigerator (suggested: include both fresh produce and packaged foods)
- World Map

Instructions:

1. Look at the packages and labels on your foods. Most will tell you where they were grown or manufactured
2. Use a map to estimate the number of miles each food had to travel to get to your home, filling out the chart as you go. (In a program like Google Maps, pretend you're planning a trip from your home to the food's location to see the number of miles it travelled.)
3. When you've finished your chart, think about the following questions.
 - Which food travelled the farthest? Why might that be?
 - Which was closest to your home?
 - Is there one place where most of your foods were from?
 - What are some reasons foods come from far away(think about seasons, climate, and growing resources)?
 - Are there environmental consequences to transporting food?
 - What are some ways to lower the distance your food travels? Where can you get local food in your community?

Food Name	Place of Origin	Miles Travelled