Go Green! Eco-FOOD
Our food choices can change our climate. To get food to our plates we use more energy and water than any other daily activity! It’s true. We’ll find out how choosing the right food will help save our planet.

Buy Local
The less distance your food travels the better for the environment. Some food is transported halfway around the world. Below is a typical trip that food takes to reach your home.

The Long Trip
1. farm
2. warehouse
3. load trucks
4. port or airport
5. load ship or plane
6. across the ocean or continent
7. unload
8. warehouse
9. from warehouse to supermarkets
10. from supermarket to your home

Note: Sometimes there are even more warehouses. Trains are also used to transport food.

Why do you think food has to come from so far away? How is it fresh when it finally gets to our tables? Discuss ways to solve this problem? Write down some solutions.
Buy Local
Here's an easy solution: Buy only food grown within 150 kilometers of your home. The closer the better!

Do you have a market nearby where you can buy food from local farmers? ______

Find three places in your community where you can buy local food
1. ________________________________________
2. ________________________________________
3. ________________________________________

If you can't buy local food, you can try to grow your own, join a community garden, or buy food from as close as possible to where you live.

Buy Food In Season
Local food that is in season helps the environment because it doesn't have to be stored in warehouses, frozen, or transported over long distances. This includes fruits, vegetables, grains, fish, and other raw foods.

What foods are in season where you live? Find a food for each month and draw a picture of it. If there isn't any food available put "None" in the box.

<table>
<thead>
<tr>
<th>January/February</th>
<th>March/April</th>
<th>May/June</th>
<th>July/August</th>
<th>September/October</th>
<th>November/December</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note: You may have to ask your grandparents, or an older person in your community, to find out what foods are in season where you live.
Cook and Bake
Another easy solution is to cook or bake your own food from scratch. The problem with buying foods that are already made is that they have many ingredients that come from many different parts of the world.

Each ingredient may have to travel by truck, ship, or train to get to the factory.

Don’t forget that the soup’s can and label are made in another factory. The tin, plastic, and paper brought to that factory also comes from all over the world.

Factories also use a huge amount of electricity to make the cans and the soup.

Then the factory has to send the soup out by trucks, trains, planes, or ships to warehouses. After that they are moved from the warehouses to the supermarkets – wow, a lot of energy is used to bring one can of soup to your home!

Did you ever think that it would take so much to make a can of soup? ________

Do you like to cook or bake? ________

What is your favorite food that your family cooks or bakes from scratch?

__________________________________________________________________
Cook and Bake

It’s so easy to make your own vegetable soup, why would you buy one in a can? Homemade soup is also more delicious!!

100 Kilometer Soup

Make a pot of soup in your classroom! Make sure the teacher is in charge of the hot water. The vegetables can be chopped at home by an adult and brought to school in containers. Each student can bring something different.

1 big pot of water
vegetables chopped into bite size pieces
salt/pepper to taste (or other local spices/herbs)

Bring water to boil and add vegetables. Add salt/pepper or other spices a bit at a time. Taste and add more if necessary.

THE CATCH: All vegetables have to be grown locally (within 100 kilometers of where you are). The salt can be from further away if necessary, but the spices should be from nearby. If there are no local vegetables available because of the season, you can use frozen local vegetables.

You will have to carefully research where each ingredient came from.

<table>
<thead>
<tr>
<th>Vegetable/Other Ingredient</th>
<th>Where did it come from?</th>
<th>How far away? (km)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Less Meat
Animals have to be fed and sheltered. They require a lot of water and energy to grow. The food they eat also requires water to grow and energy to be produced.

DID YOU KNOW? A cow burps out tons of methane gas a year. Their manure also contains methane gas.

Methane is a greenhouse gas that causes climate change.

A cow probably produces as much damaging methane gas as a car produces damaging carbon dioxide gas.

Do you eat meat? ________

In some parts of the world, and in some cultures, meat is not eaten.

Find two cultures or places where meat is not eaten.

1. _________________________          2. _________________________

Umami
Traditionally we have learned that we can taste four basic flavors in our mouth. These are sweet, sour, bitter, and salty.

A new flavor has been identified as “umami” which basically means “Yummy!” in Chinese or Japanese. The flavor of meat can be described as umami.

There are other foods that are rich in umami flavor. We can substitute meat by cooking with these foods:

- dark mushrooms
- tomatoes
- corn (chips, tortillas, etc.)
- aged cheese
- ripe olives

Name a food that you eat that is umami: _________________________
**Sustainable Food**
We only have one planet to feed us. Farming shouldn’t destroy the land forever or we’ll run out of land to feed us.

**Ways to be nice to our land:**
- grow food without pesticides or herbicides – organic food
- let animals roam free; it’s healthier for them and the land
- use the land in cities to grow food in community gardens, or in our backyards, or even indoors in big pots.
- grow food in small farms using only rainwater
- grow food in hoop houses (a type of green house) to extend growing season
- use hand tools instead of tractors
- good food costs more but it is healthier and tastier

Are you hungry for some nice sustainable food? _______
Will you help your family to find better food choices? _______

**Less Packaging**
Every cookie does not need its own plastic wrap. Make the cookies at home and put them in a tin. Better yet, eat an apple, it’s healthier!

What is the most over packaged food you have ever seen? __________________________________________

**Fewer Ingredients**
We learned that each ingredient in a packaged food item has to be transported to the food factory.

The less ingredients the item has, the less energy is used for transportation.

Instead of “Good Organic Cereal” with sixteen ingredients, buy some rolled oats (one ingredient) and add some local nuts, honey, or fruits – yummy!

Name a packaged food that you eat that has less than three ingredients? ________________________________