

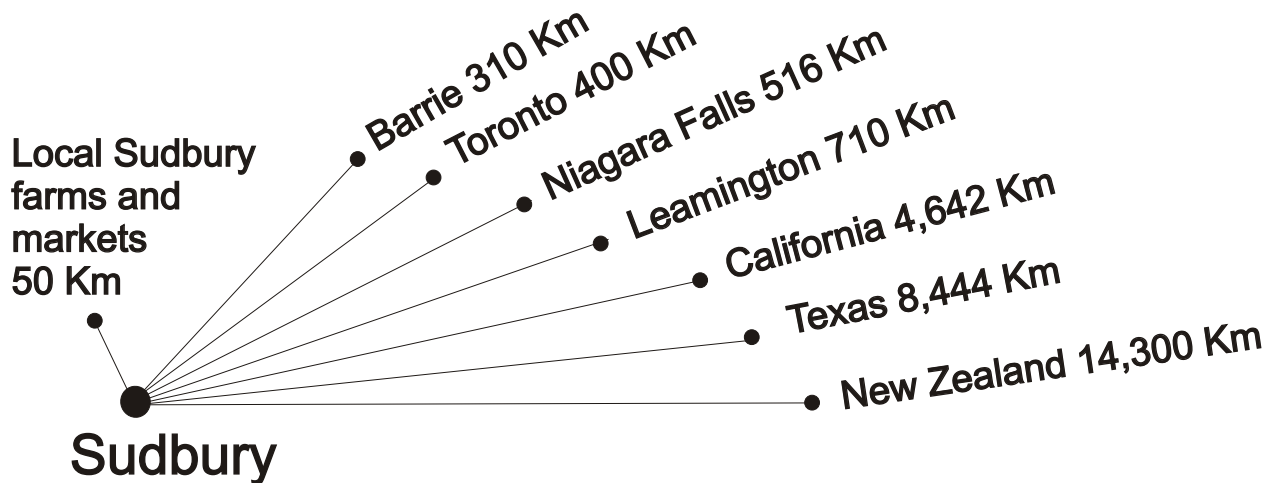


Counting Your Food Miles - Grocery Store Flyers -Module 3



Do you know where your food comes from? Have you ever mapped out where your food comes from? How big is your personal foodshed? It will change over the seasons - how do your eating habits follow the seasons? Do you think about ways to eat “more locally”?

1. By looking at grocery store flyers, find out where 10 imported food items come from.
2. Find out about the food production in that part of the world - is it sustainable? What is their growing season like? When is their peak season for different items? How many crops do they grow per year? How will you find out? You may have to go to the library or search online.
3. Are any of these fruits and vegetables available in places “closer to home”? Do you know what is available at certain times of the year in your own area? Are there “more local” food choices available during the winter instead of imported foods?
4. What products do you think we will have to import because we cannot produce them ourselves?



5. Look through the grocery store flyers and notice the difference in the food miles in fruits and vegetables over the seasons - where is most of our produce coming from in the winter?
6. Develop some strategies to help you reduce your food miles, such buying local food in season, and canning, dehydrating and freezing them. What about growing your own garden?



Counting Your Food Miles Group Discussion Handout - Module 3

Please answer the following questions to the best of your knowledge:

1) Have you ever heard of the term food miles before today?_____

2) What does the term food miles mean to you?

3) Why are food miles important to measure?

4) How much food in the grocery store is “local” - or within 150 miles - say from North Bay to Sault Ste. Marie to Manitoulin Island?

**5) Do you think that there are many farmers in Northern Ontario?
How many are there and what types of things do they farm?**

6) Do you think that transporting food causes global warming and climate change? What is the greenhouse effect? Enhanced greenhouse effect?

7) What are the implications of climate change on the food growing?

8) How would your diet have to change if you were to eat only local food?
