



Eco-Schools USA at Home: Sustainable Food

AUDIT AND ACTION PLAN

1. Use the checklist on the next page to note the location from which the food you are buying comes. If you cannot go to the grocery store and or a farmers market is not accessible, use the foods found in your refrigerator and cabinets.
2. Next, find the distance between your city and the location of the food item.
3. Last, look at how the food items are packaged. Make a color key with crayons, map pencils, markers, or use different symbols. Use your color code or symbols to note how your food items on pages 2 and 3 are packaged.

Plastic

Cardboard

Styrofoam

Paper

Multiple types of packaging

Some other type of packaging

No packaging

4. After your trip to the grocery store or around your kitchen, answer the following questions.

	PRE-ACTION AUDIT	POST-ACTION AUDIT
A. Did you go to the grocery store, farmers market, and or your kitchen to collect data?		
B. Which food item traveled the farthest to get to your home, and how many miles did it travel?		
C. Which food item traveled the least miles to get to your home, and how many miles did it travel?		
D. Which food group has the most packaging?		



WHERE IS MY FOOD FROM?

MOST COMMON FOOD ITEMS	BASELINE AUDIT (PRE-ACTION)		POST-ACTION AUDIT	
	LOCATION	# OF MILES	LOCATION	# OF MILES
FRUIT				
Apples				
Bananas				
Grapes				
Strawberries				
VEGETABLES				
Carrots				
Corn				
Potatoes				
Tomatoes				
	TOTAL # OF MILES>>		TOTAL # OF MILES>>	



**WHERE IS MY FOOD FROM?
CONTINUED**

GRAINS, NUTS, OILS	LOCATION	# OF MILES	LOCATION	# OF MILES
Cereal				
Bread				
Peanuts				
Sunflower Seeds				
Avocado Oil				
Coconut Oil				
	TOTAL # OF MILES>>		TOTAL # OF MILES>>	
MEAT	LOCATION	# OF MILES	LOCATION	# OF MILES
Beef				
Lamb				
Chicken				
Pork-bacon				
Pork-chops				
Fish-fillets				
Fish-prawns/shrimp				
	TOTAL # OF MILES>>		TOTAL # OF MILES>>	



MY ACTION PLAN-PAGE 1

What is the problem, concern, or needed improvement, and why is it needed? Consider how the problem you identified is affecting you, your family, and or the community.

Example. I want to reduce my food carbon footprint and encourage my family to do the same. Excess carbon in the atmosphere contributes to climate change. I want to do better for the planet.

Your response.

What action(s) will I take? Consider how to persuade yourself, your family, and or your friends to change their behavior and try new things.

Example.

- 1) *I will learn where my food comes from.*
- 2) *I will research the best ways to reduce my food carbon footprint.*
- 3) *I will encourage my family to buy local or from the local farmers market.*

Your response.



MY ACTION PLAN-PAGE 2-OPTIONAL

How will I check our progress to see how we are doing?

Example.

- 1) I will make a checklist I can use at the grocery store with my family, writing from where they come.
- 2) I will create a graph, updated each time I go to the store, of the number of local food items we purchase.
- 3) Share with my family over a meal. Once a week, share our progress toward reducing our food carb footprint.

Your response.

What will it look like, or what will happen if I solve the problem or make improvements?

Example.

Our family will regularly include local foods as opposed to imported foods whenever possible.

Your response.

What materials will I need to solve the problem or make improvements?

Example.

- paper or a computer and printer to create a grocery checklist for food locations
- time to meet over dinner to talk about our progress

Your response.
