



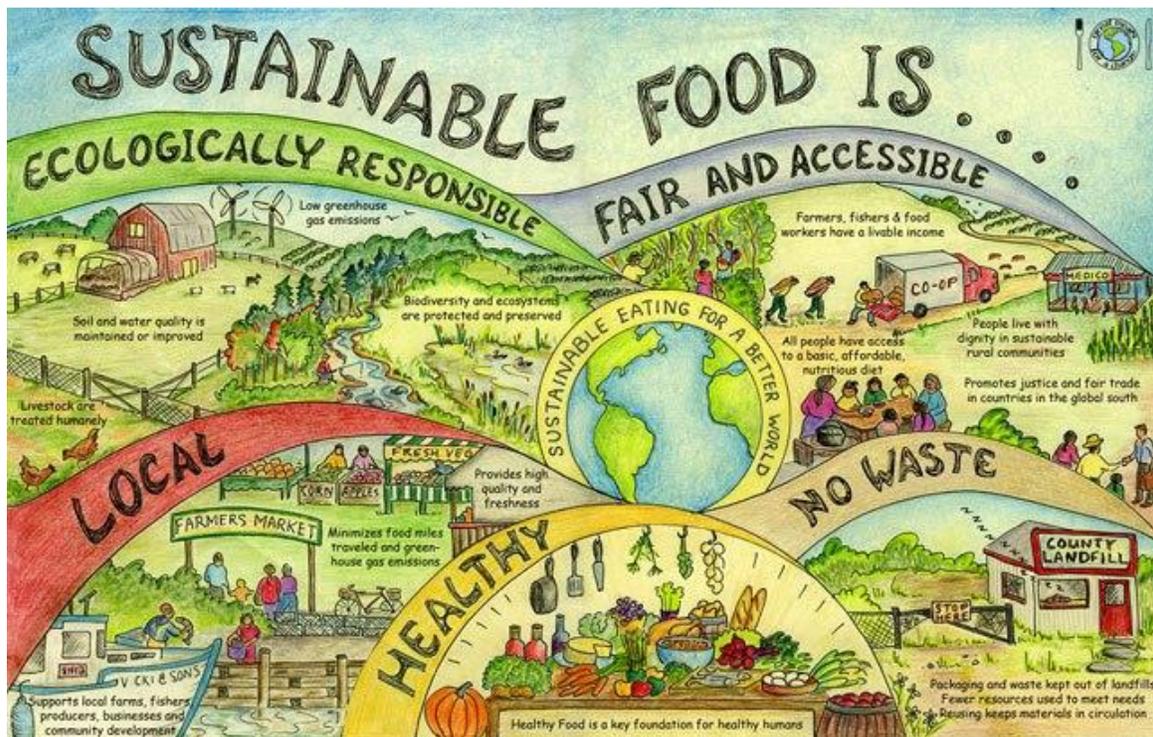
Eco-Schools USA at Home: Sustainable Food

HOW-TO ASSESS THE SUSTAINABLE FOOD PATHWAY AT HOME

WHY THINK ABOUT WHERE OUR FOOD COMES FROM?

Most children have little to no idea where their food comes from, how it is grown, harvested, and processed, and the associated environmental impacts as it makes its way to our plates. It is critical to provide them a pathway to build the knowledge and skills to participate in and advocate for sustainable food systems.

Food production across the world has benefited from new technology, and we can practically eat whatever we want, whenever we want it. Never before has food been so easy and so cheap to get. But what is the true cost of this food? Not only to our health but the environment as well. Sustainably growing, producing, and distributing food will not only reduce our impact on the environment but also provide us with fresh, less processed, and healthier food. While no universally accepted definition for sustainable food exists, many in this area consider sustainable food as **ecologically responsible, fair and responsible, local, healthy, and little to no waste.**



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MATERIALS

- Eco-Schools USA at Home Sustainable Food Audit and Action Plan
- Paper and pen or computer and printer

GUIDING QUESTIONS

- 1) Where does the food at home come from?
- 2) What are food miles? (The distance from where a food item is harvested to your plate.)
- 3) Do food miles impact the environment?
- 4) Does food packaging impact the environment?

STEP BY STEP

- 1) Read through the Eco-Schools USA Sustainable Food Audit and Action Plan, and decide on dates to do a pre-action audit and a post-action audit. This will help determine the length of your project.
- 2) The audit is conducted after visiting a grocery store, farmers market, a trip around the kitchen, or any combination. A parent or guardian should accompany a minor to the store or farmers market.
- 3) Make calculations and analyze the results using the provided worksheets.
- 4) Make an action plan to be more mindful of the foods we buy, using the template provided.
- 5) Conduct a post-action audit and share your successes with your teacher, extended family, and or the local community.