



## Choose Local

**Age:** Grades 4-8

### Lesson Plan One: Choose Local

**Objective:** To appreciate the value of eating food grown locally and in season instead of out of season and food that has travelled from many, many miles away.

**Background:** *"Eating local doesn't have to be a career. It can just as easily be a marginal change in what we buy and eat. Some people think that eating local has to be all or nothing. For most of us, for now, local food has to be seen as a part of our diet, not a complete replacement diet. But even if it only means eating more local fruit and vegetables in season, that's a step toward a more sustainable food system."*

from the book *The Urban Food Revolution*

**Activity:** Visit a farmer's market in your neighbourhood or visit a grocery store that carries produce. Determine what fruits and vegetables are local. Chances are if they are local they are also in season. Now check on fruits and vegetables that came from other places in the world. Record your findings.

Using a display map of the world locate all the places the fruit and vegetables you saw on display at your market or grocery store came from. Discuss how the foods from other locales would have travelled to get to your market and how the local foods would have arrived at your market.

Individually students can choose one local item and one non-local item from the store or market and compare how each would have travelled to get to your table.

### Group Discussion:

Discuss the concept of food miles and the distance food has to travel to get to your plate.

1. Why are food miles important?
2. Do you think you have a responsibility to choose local vs imported produce?

**Challenge:** Start a class or school herb or vegetable garden or visit a community garden where neighbours share growing space to raise produce.

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