



ENVIRONMENT ISSUES: Local Sourcing

Sourcing food locally - from farmers' markets, local producers or even your own garden - can help to reduce 'food miles'. See fact sheet **3.3 Environment Issues - Local Sourcing** for more information on how you could do this.

Activity 1

Think of a meal you ate recently (ideally one with different foods) and note down all the different foods it consisted of. Here are two examples:

Example one:

- Pork sausage
- Mashed potatoes
- Vegetables – carrots, peas
- Milk
- Apple crumble

Example two:

- Lasagne – pasta, sauce, meat, cheese
- Salad – lettuce, tomatoes, cucumbers, salad dressing
- Orange juice
- Custard cream

Research where this food came from, and how far it travelled to reach your dinner table. If you are unsure of the origin of your food, take a trip to your local supermarket and check it out. The origin is often clearly labelled on the packaging (or on the price sign in the case of fruit). Then calculate the distance between that location and your home, you can use a mapping website to help you do this.

FOOD I ATE AT THIS MEAL	WHERE IT COMES FROM	DISTANCE IT TRAVELLED
Total food miles for this meal:		

Cont'd

**ENVIRONMENT ISSUES: Local Sourcing** cont'd**Questions to consider:**

1. Was the outcome surprising to you? Why?
2. Do you think you could reduce your 'food miles' if you were to have this meal again? How would you do that?
3. Share your findings with a friend or family member outside your classroom. Encourage them to consider this the next time they are shopping for food.

Activity 2

In groups of at least four people, create a seasonal recipe book. Have each person choose one season: winter, spring, summer or autumn. Using fact sheet **3.3 Environment Issues – Local Sourcing** as a guide, come up with two recipes for each season, using only fruits or vegetables that are 'in season'. You can also research online to find more fruits and vegetables that are not listed here. Put all the recipes together to form the book.

Things to consider:

- 'Seasons' and what vegetables and fruits are 'in season' differ in various parts of the world. Make sure you decide with your group what country you would like to focus on for your recipe book.
- We haven't always had access to so many different types of fruits and vegetables. For a different angle to this activity, create a seasonal recipe book based on a particular period in history. For instance, what fruits and vegetables were available before, as opposed to during, WW2? See how this differs from the food we eat today.

**Did you know?**

Research has shown that common fruits and vegetables that we eat have travelled an average of 5,000 miles to reach our kitchen table. Think about how fresh they could be if this distance was reduced!