

Why do our food choices matter?

What is organic?

How can we contribute to environmental stewardship through the garden?

When are local foods in season?

Food Choices:

What influences our
choices?

What do our choices
influence?



What the world eats.

- What do you first notice about each family's photo? What is most obvious to you?
 - Is it whole food or processed? Will the food nourish the body? If it isn't nourishing, why is it there?
- What can you tell about what influences each family's food choices?
- Can you tell how the ingredients / food got there? Where it was grown? Who grew it and for whom?

Turkey. Food expenditure for one week: \$145.88



Britain



Mali



Nunavut, Canada. Food expenditure for one week \$350.13



Tingo, Ecuador (Food expenditure for one week: \$31.55)



Guatemala



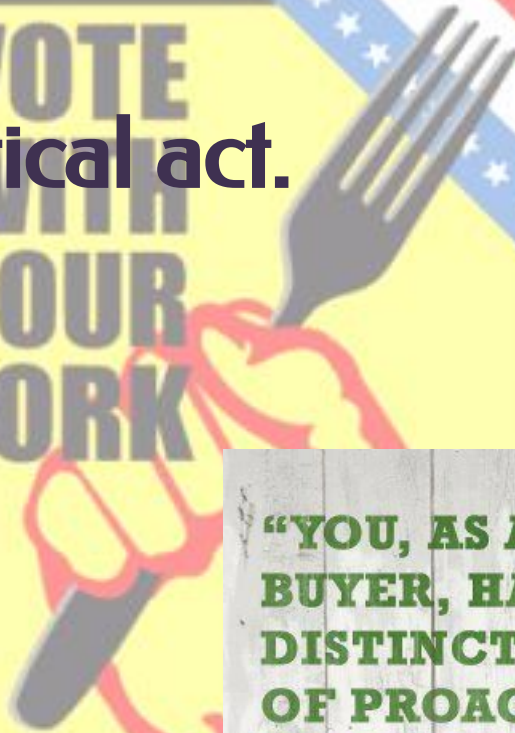
VOTE for Small Farms
& Local Food

Join
Slow Food
U.S.A.



Eating is a political act.

VOTE
WITH
YOUR
FORK



“ The wonderful thing about food is you get three votes a day. Every one of them has the potential to change the world.

MICHAEL POLLAN



nourish

“ Every single time we spend a dollar, we are casting a vote for the kind of world we want.

— Anna Lappé

“YOU, AS A FOOD BUYER, HAVE THE DISTINCT PRIVILEGE OF PROACTIVELY PARTICIPATING IN SHAPING THE WORLD YOUR CHILDREN WILL INHERIT.”

— JOEL SALATIN

What are some of the vegetables we want in the school garden?

What vegetables will be ready to harvest in the spring?

What are some ways we want to use the harvest?

What should we consider when choosing varieties?