



FOOD MILES

Where does my food come from?

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In this active lesson, students will consider the sources of our food, and the distance food travels to reach our plates. Working in groups, students will trace the steps that a meal, either sourced locally or non-locally, took to reach the plate. Students will compile data and calculate the miles each meal traveled. The lesson concludes with an energizing activity where students expend their own energy to demonstrate how far each meal has traveled from farm to plate.

This lesson assumes that students have some understanding of carbon footprints, and the fact that the farther something travels, the more it contributes to carbon dioxide in the atmosphere. This lesson may generate many questions and could launch numerous other studies of food systems. Please let us know how you used this lesson!

Note: the data and information provided for each food item in this lesson is an approximation, based on research and estimation. Exact distances and transportation methods may vary.



Food Miles



60+ minutes

MATERIALS & EQUIPMENT:

- Meal menus (3 local, 3 non-local)
- Student clue cards, cut and sorted (1 set for each meal)
- Student worksheets (one set for each meal)
- Whiteboard & markers
- String miles prop (see table next page, choose one meal to represent with string)
- Meal transportation action chart

SET UP:

Assemble student materials (menu, clue cards, and student worksheets) for each of the six meals and place in envelopes

NOTES:

- The non-local meals take longer to calculate than the local meals, so assign to student groups accordingly.
- For younger students, or to accommodate a shorter time frame, it may be helpful for the instructor to complete the 'traveled to/from' sections of the student worksheets ahead of time.

1. Explain to students that you are going to talk about how food is transported from the farm to your plate. By the end of this hour students will have learned a little bit more about the different kinds of transportation used to move food, the steps involved in getting food from the farm to your plate, and the energy used to transport food.
2. Ask students to raise their hand if:
 - You ate a meal yesterday?
 - You know one of the foods that was used to make your meal?
 - You know at which store one of the foods for your meal was bought?
 - You know at least one food from your dinner was grown at a farm in the US?
 - You know at least one food from your dinner was grown at a farm in Vermont?
3. Demonstrate a national food system and a local food system by drawing each system on the whiteboard. A good example is milk to cheese. With a national system: first, the cows are milked, and the milk is collected and transported by tanker truck to a processing facility where it is pasteurized processed into dry milk. The dry milk is then transported by airplane and truck to a factory where it is made into cheese and packaged. The cheese is then transported in a refrigerated truck to a warehouse for distribution, and then again by truck from the distribution center to your local grocery store. Last, you go to the store to buy they cheese, then travel home. With a local system: Shelburne Farms raises cows, milks them, and then transports the milk by horse or tractor to the cheese-making facility, where it is made into cheese, aged, and packaged. It is then transported by truck to your local co-op or Farmers' Market, where you purchase it and transport it home. Ask students which system they think is better, and why?
3. Split students into 6 groups. Explain that each group will get an envelope containing: dinner menu, food clue cards, and ingredient transportation worksheet. Explain to students that the goal of this activity is find out the total miles that each different meal traveled. Show students how to fill out the charts. Answer any clarifying questions, then pass out the envelopes. (See note at left.)

Food Miles

Vocabulary:

Processing – to prepare, as in taking raw food and turning it into a food product

Distribution – to deliver, as in moving food from one place to another

Milling – to process in a mill, grinding grain (like wheat) into flour

Inspection – to examine, as in the examination of food for safety purposes

Pasteurization – heating food (often milk) to kill micro organisms.

Cargo - a vehicle for transporting goods, or the name for the goods themselves

Transport –to transfer from one place to another

Local - in this case the locality or region in which the final product is marketed, so that the total distance that the product is transported is less than 400 miles from the origin of the product
(Source: <http://thomas.loc.gov/cgi-bin/query/z?c110:h2419>.)

5. While the students are working, draw the following table on the board.

| Meal | Local | Non Local |
|---------------|-------|-----------|
| Roast Chicken | | |
| Spaghetti | | |
| Hamburger | | |

6. As each group finishes, ask them to report their total miles traveled for their meal on the chart. If some groups finish early, extend the challenge to also report back the on number of states and countries their meal traveled to.

The totals are:

| Meal | Local | Non Local |
|---------------|-------|-----------|
| Roast Chicken | 360 | 20,206 |
| Spaghetti | 290 | 24,062 |
| Hamburger | 365 | 28,506 |

7. Ask for student reactions to the data on the board. What do they notice? How do they feel about it? Are they surprised? What new questions do they have? Record their questions for further study, if desired.
8. Tell students that you did these calculations ahead of time, and have premeasured some string to represent the distance each meal traveled. Tell students that each inch of string represents 20 miles, and write the scale on the board. Invite each group to come up one group at a time to hold up their string for the class to see. Ask for comments.

String Length

| Meal | Local | Non Local |
|---------------|--------|-----------|
| Roast Chicken | 18" | 84' 2.3" |
| Spaghetti | 14.5" | 100' 3.1" |
| Hamburger | 18.25" | 118' 9.3" |

Food Miles

9. Ask students what is needed to transport all this food. Guide them to identify energy (fuel). Tell students that you want to try one more way to demonstrate how far each meal traveled. As a large group, they will use their bodies to demonstrate the energy used to transport a local meal and a national meal. It will be helpful list the totals for each movement on the board before you begin. Use the chart below, and share with students if there is interest. Alternatively, students could calculate the totals for each mode of transportation.

| | Ship | Train (Rail) | Airplane | Truck | Home |
|---------------------|-------|--------------|----------|--------|------|
| Local Chicken | 0 | 0 | 0 | 347 | 13 |
| Non-local Chicken | 0 | 3876 | 4738 | 11,558 | 34 |
| Local Hamburger | 0 | 0 | 0 | 348 | 17 |
| Non-local Hamburger | 0 | 4083 | 9351 | 15,306 | 36 |
| Local Spaghetti | 0 | 0 | 0 | 274 | 16 |
| Non-local Spaghetti | 6,275 | 5,513 | 0 | 10,626 | 32 |

Ship = one second stand on leg / 100 miles

Train = one second squat with arms moving at sides to simulate wheels moving / 100 miles

Truck = one jumping jack / 100 miles

Air = one push up or sit up / 100 miles

Home = students choose how they travel

So, for example, to represent the local chicken dinner, students would do 3 Jumping Jack,s and whatever motion they choose to represent the miles traveled home. For the non-local chicken dinner, students would do 39 squats, 47 push ups, and 115 Jumping Jacks, plus their miles home movement.

ASSESSMENT:

10. Ask students to return to their seats. Invite them to comment. Ask them which meals took the most energy to get to from farm to plate. Which took the least? What conclusions can they make from this? Ask student if the distance a meal travels is important, and why. Ask students to generate any new questions they have, and keep this list to launch future possible study. As an exit ticket, ask students to respond to the reflection prompt: What? So what? Now what?



Roast Chicken Dinner—Local Menu

Today you will be dining on a sumptuous dinner of
locally raised roast chicken,
local artisan bread,
fresh salad made of locally grown lettuce, tomatoes, and cucumbers,
a delicious ear of corn on the cob,
followed by a dish of locally produced ice cream.

| Ingredient | Miles traveled to your plate |
|---------------------------------------|------------------------------|
| Chicken | |
| Wheat (Bread) | |
| Lettuce | |
| Tomato | |
| Cucumber | |
| Corn on the Cob | |
| Ice Cream | |
| Total miles your meal traveled | |

Bon appétit!



Roast Chicken Dinner—Non-Local Menu

Today you will be dining on a sumptuous dinner of
roast chicken,
bread,
fresh salad made of lettuce, tomatoes, and cucumbers,
a delicious ear of corn on the cob,
followed by a dish of ice cream.

| Ingredient | Miles traveled to your plate |
|---------------------------------------|------------------------------|
| Chicken | |
| Wheat (Bread) | |
| Lettuce | |
| Tomato | |
| Cucumber | |
| Corn on the Cob | |
| Ice Cream | |
| Total miles your meal traveled | |

Bon appétit!



Spaghetti Dinner—Local Menu

Today you will be dining on a scrumptious dinner of
homemade spaghetti noodles
with a garden-fresh sauce of tomatoes, garlic, and broccoli
served with a glass of frothy local milk, and
followed by a dish of locally produced ice cream.

| Ingredient | Miles traveled to your plate |
|---------------------------------------|------------------------------|
| Spaghetti Noodles (wheat) | |
| Tomato | |
| Garlic | |
| Broccoli | |
| Bread (wheat) | |
| Milk | |
| Ice Cream | |
| Total miles your meal traveled | |

Bon appétit!



Spaghetti Dinner—Non-Local Menu

Today you will be dining on a scrumptious dinner of
spaghetti noodles
with a sauce of tomatoes, garlic, and broccoli
served with a glass of frothy milk, and
followed by a dish of ice cream.

| Ingredient | Miles traveled to your plate |
|---------------------------------------|------------------------------|
| Spaghetti Noodles (wheat) | |
| Tomato | |
| Garlic | |
| Broccoli | |
| Bread (wheat) | |
| Milk | |
| Ice Cream | |
| Total miles your meal traveled | |

Bon appétit!



Hamburger Dinner—Local Menu

Today you will be dining on a delectable dinner of
A locally raised beef hamburger
on a bun of native Vermont wheat,
topped with locally grown lettuce, onion, and cheese,
served with a side of hand-cut fries made from local potatoes,
followed by a dish of local strawberries with a glaze of honey.

| Ingredient | Miles traveled to your plate |
|---------------------------------------|------------------------------|
| Hamburger (beef) | |
| Wheat (Bun) | |
| Lettuce | |
| Onion | |
| Cheese | |
| French Fries (potatoes) | |
| Strawberries | |
| Honey | |
| Total miles your meal traveled | |

Bon appétit!



Hamburger Dinner—Non-Local Menu

Today you will be dining on a delectable dinner of
A beef hamburger on a bun ,
topped with lettuce, onion, and cheese,
served with a side of fries,
followed by a dish of strawberries with a glaze of honey.

| Ingredient | Miles traveled to your plate |
|---------------------------------------|------------------------------|
| Hamburger (beef) | |
| Wheat (Bun) | |
| Lettuce | |
| Onion | |
| Cheese | |
| French Fries (potatoes) | |
| Strawberries | |
| Honey | |
| Total miles your meal traveled | |

Bon appétit!

I am a chicken

- * I was raised at Bread & Butter Farm in Shelburne, VT.
- * First, I was transported 65 miles by truck to Craftsbury, VT to Masse Poultry Processing for processing.
- * Next, I was transported 65 miles back to Shelburne by truck to be stored in a freezer until the Farmers' Market.
- * Then, I was transported 7 miles to the Burlington Farmers' Market in Burlington, VT by truck for distribution.
- * Last, I was transported 3 miles to your plate after you purchased me for dinner.

Local Chicken

I am ice cream

- * I am made from cows' milk. The milk came from cows raised all over Vermont.
- * First, the milk was transported an average of 20 miles by truck to the St. Albans Dairy Collaborative by truck where it was pasteurized and distributed.
- * Next, I was transported 56 miles by truck to the Ben & Jerry's Factory in Waterbury, VT to be made into ice cream.
- * Then, I was transported 27 miles to Hannaford's store in Burlington, VT by truck for distribution.
- * Last I traveled 4 miles from Hannaford's to your plate after I was purchased for your dinner.

Local Chicken

I am a tomato

- * I was grown in your backyard garden.
- * I was picked and traveled 0 miles from the vine to your plate.

Local Chicken

I am bread

- * I am made from wheat grown and milled into flour at Gleason's Grains in Bridport, VT.
- * First, I was transported 58 miles to Middlesex, VT by truck to Red Hen Baking Company to be baked into bread.
- * Next, I was transported 35 miles to City Market in Burlington, VT by truck for distribution.
- * Last, I was transported 2 miles to your plate after you purchased me for dinner.

Local Chicken

I am lettuce

- * I was grown in your neighbor's garden.
- * I was picked and traveled 1 mile from your neighbor's garden to your plate.

Local Chicken

I am a cucumber

- * I was grown at Full Moon Farm in Hinesburg, VT.
- * First, I was picked and transported 14 miles to the Burlington Farmers' Market in Burlington, VT by truck for distribution.
- * Last, I traveled 3 miles from the Farmers' Market to your plate after you purchased me for dinner.

Local Chicken

I am corn

*I was grown in your backyard garden.

* I was picked and traveled 0 miles from the vine to your plate.

Local Chicken

I am ice cream

*I am made from cows' milk. The cows were raised at an unknown farm in Watertown, WI.

*First, the milk transported 47 miles to Milwaukee, WI by truck for pasteurization.

*Next, the milk was transported 1,052 miles to Breyer's Ice Cream Processing Plant in Framingham, MA by truck, where it was made into ice cream, labeled, and packaged.

*Then, I was transported 23 miles to the Breyers Ice Cream Distribution Warehouse in Boston, MA by truck for distribution.

*After that, I was transported 216 miles to your local Hannaford's store by truck for distribution.

*Last, I traveled 4 miles from Hannaford's to your plate after you purchased me for dinner.

Non-Local Chicken

I am bread

*I am made from wheat grown at unknown farms in Three Forks, Montana and Harper, Kansas.

* First the wheat was transported 951 miles from Three Forks, Montana to Inland, Nebraska by rail car where it was milled into flour.

* Then, it was transported 1712 miles to LePage Bakery in Auburn, Maine by truck where it was baked into bread.

*After that, I was transported 202 miles by truck your local Hannaford's store in Burlington, VT for distribution.

* Last I traveled 4 miles from Hannaford's to your plate after you purchased me for dinner.

Non-local Chicken

I am a tomato

* I was grown at an unknown farm in San Joaquin, California.

*First, I was transported 20 miles to Sun Ripe Farms in Exeter, California by truck for washing and packaging.

* Next, I was transported 227 miles to West Coast Produce in Oakland, California by truck for distribution.

*Then, I was transported 2,925 miles to Price Chopper Distribution Center in Potsdam by rail for distribution.

*Then I was transported 114 miles by truck to Price Chopper in Burlington, VT for distribution.

* Last I traveled 6 miles from Price Chopper to your plate after you purchased me for dinner.

Non-local Chicken

I am lettuce

*I was grown at a farm owned by Foxy Produce Inc. in Castroville, California where I was picked and packaged.

*First, I was transported 9 miles to Salinas, California by truck where I was put in cold storage.

*Next, I was transported 3,184 miles to the Hannaford's Distribution Center in Boston, MA by cargo plane for distribution.

*Then, I was transported 216 miles to your local Hannaford's store in Burlington, VT by truck for distribution.

*Last I traveled 4 miles from Hannaford's to your plate after you purchased me for dinner.

Non-local Chicken

I am chicken

*I was raised at an unknown farm in Albertville, Alabama where I was processed and packaged.

* First, I was transported 593 miles to the Tyson Chicken Company in Springdale, Arkansas by truck for distribution.

*Next, I was transported 1,554 miles to the Hannaford's Distribution Center in Boston, MA by cargo plane for distribution

* Then, I was transported 216 miles to your Hannaford's in Burlington, VT by truck for distribution.

* Last I traveled 4 miles from the Hannaford's to your plate after you purchased me for dinner.

Non-local Chicken

I am cucumber

* I was grown at an unknown farm in Hermosillo, Mexico.

*First, I was transported 175 miles to Nogales, Arizona by truck for packaging and distribution.

*Next, I was transported 551 miles to Coast Foods Los Angeles, California by truck for distribution.

* Then I was transported 2,815 miles to Price Chopper Distribution Center in Potsdam, NY by truck for distribution.

*After that, I was transported 114 miles to your local Price Chopper store in Burlington, VT by truck for distribution.

*Last I traveled 6 miles from the Price Chopper to your plate after you purchased me for dinner.

Non-local Chicken

I am bread

*I am made from wheat grown and milled into flour at Gleason's Grains in Bridport, VT.

* First, I was transported 58 miles to Middlesex, VT by truck to Red Hen Baking Company to be baked into bread.

*After that, I was transported 35 miles to City Market in Burlington, VT by truck for distribution.

*Last, I was transported 2 miles to your plate after you purchased me for dinner

Local Hamburger

I am lettuce

*I was grown in your neighbor's garden.

*I was picked and traveled 1 mile from your neighbor's garden to your plate.

Local Hamburger

I am corn

* I was grown at a farm owned by Foxy Produce Inc. in San Joaquin, California where I was picked and packaged.

* First, I was transported 124 miles to Salinas, California by truck for cold storage.

*Next, I was transported 3,018 miles to the Price Chopper Distribution Center in Potsdam, NY by truck for distribution.

*Then, I was sent 114 miles to your local Price Chopper store in Burlington, VT by truck for distribution.

* Last I traveled 6 miles from Price Chopper to your plate after you purchased me for dinner.

Non-local Chicken

I am a strawberry

*I was grown at Adam's Berry Farm in Burlington, VT.

*First, I was picked and transported 2 miles to the Burlington Farmers' Market in Burlington, VT by truck for distribution.

* Last I traveled 2 miles from the Farmers' Market to your plate after you purchased me for dinner.

Local Hamburger

I am French fries

*I am from potatoes grown at Pete's Greens Farm in Craftsbury, Vermont.

*First, I was picked and transported 63 miles to City Market in Burlington, VT by truck for distribution.

*Last, I traveled 2 miles from City Market to your plate after you purchased me for dinner and turned me into French fries.

Local Hamburger

I am cheese

- * I am made from cows' milk. The milk came from cows raised at Shelburne Farms in Shelburne, VT. First, the milk was made into cheese and packaged at Shelburne Farms.
- * First, I was transported 7 miles to City Market in Burlington, VT by truck for distribution.
- * Last I traveled 2 miles from City Market to your plate after I was purchased for your dinner.

Local Hamburger

I am a hamburger

- *I am from a cow raised at Sweet Tree Farm in Dummerston, VT.
- * First, I was transported 97 miles to Benson, VT by truck for slaughter and processing.
- * Next, I was transported by truck 57 miles to City Market in Burlington, VT.
- *Last, I was transported 2 miles to your plate after you purchased me for dinner.

Local Hamburger

I am honey

- *I was made in hives at BeeHappy Vermont honey farm in Starksboro, VT, where I was harvested, bottled, and labeled.
- * First, I was transported 26 miles to the Burlington Farmer's Market in Burlington, VT by truck for distribution.
- * Last, I traveled 3 miles from the Farmer's Market to your plate after you purchased me for dinner.

Local Hamburger

I am an onion

- * I was grown at Tamarack Hollow Farm in Burlington, VT where I was picked and dried.
- * First, I was transported 3 miles to Burlington Farmer's Market in Burlington, VT by truck for distribution.
- * Last traveled 3 miles from the Farmers' Market to your plate after you purchased me for dinner.

Local Hamburger

I am cheese

- *I am made from cows' milk. The cows were raised at an unknown farm in Lancaster, California.
- *First, the milk was transported 89 miles to California Dairies Inc. in Artesia, California by truck for pasteurization and processing into dry milk.
- *Next, the dry milk was transported 1,152 miles to Kraft Cheese in Bremerton, Washington by air cargo where it was processed into cheese, labeled, and packaged.
- *Then, I was transported 2,921 miles to the Prince Chopper Distribution Center in Potsdam, NY by truck for distribution.
- *After that, I was transported 114 miles to your local Price Chopper store in Burlington, VT by truck for distribution.
- *Last I traveled 6 miles from Price Chopper to your plate after you purchased me for dinner.

Non-local Hamburger

I am a hamburger

- *I am from a cow raised at unknown farm in Nacogdoches, Texas.
- *First, I was transported 42 miles to Texas Meat Packer in Henderson, Texas by truck for processing, packaging, and inspection.
- *Next, I was transported 134 miles to the Dallas Airport by truck for distribution.
- *Then, I was transported 871 miles to Kroger's Inc. in Cincinnati, Ohio by air cargo for re-packaging and labeling.
- *After that, I was transported 711 miles by truck to the Price Chopper Distribution Center in Potsdam, NY for distribution.
- *After that I was transported 114 miles to your local Price Chopper store Burlington, VT by truck for distribution.
- * Last, I traveled 6 miles from Price Chopper to your plate after you purchased me for dinner.

Non-local Hamburger

I am honey

* I was made in bee hives at an unknown farm somewhere near San Luis Obispo, California.

*First, I was transported 226 miles to the Sue Bee Honey Factory in Anaheim, California by truck where I was bottled and labeled for distribution.

Next, I was transported 3,006 miles to the Hannaford's Distribution Center in Boston, MA by cargo plane for distribution.

* Then, I was transported 216 miles to your local Hannaford's store in Burlington, VT by truck for distribution

*Last I traveled 4 miles from Hannaford's to your plate after you purchased me for dinner

Non-local Hamburger

I am a strawberry

*I was grown at Las Adoberas Farm in Jocotepec, Mexico.

*First I was transported 39 miles to the airport in Guadalajara, Mexico by truck for distribution to the United States.

* Next, I was transported 1,310 miles by air cargo to Los Angeles, California for distribution in the United States.

*Then, I was transported 3,012 miles to the airport in Boston, MA for by air cargo for distribution.

*After that, I was transported 14 miles to the Hannaford's Distribution Center in Boston, MA by truck for distribution.

*After that, I was transported 216 miles to your local Hannaford's store by truck for distribution.

*Last, I traveled 4 miles from the Hannaford's to your plate after you purchased me for dinner.

Non-local Hamburger

I am lettuce

*I was grown at a farm owned by Foxy Produce Inc. in Castroville, California where I was picked and packaged

*First, I was transported 9 miles to Salinas, California by truck where I was put in cold storage.

*Next, I was transported 3,184 miles to the Hannaford's Distribution Center in Boston, MA by truck for distribution.

*Then, I was transported 216 miles to your local Hannaford's store in Burlington, VT by truck for distribution.

*Last I traveled 4 miles from Hannaford's to your plate after you purchased me for dinner.

Non-local Hamburger

I am French fries

* I am made from potatoes. I was grown at Amstad Produce in Hermiston, Oregon.

*First, I was transported 202 miles to Amstad Produce location in Sherwood, Oregon by truck for packaging and distribution.

*Next, I was transported 3,132 miles to the Hannaford's Distribution Center in Boston, MA by rail for distribution.

*Then, I was transported 216 miles to your local Hannaford's store in Burlington, VT by truck for distribution.

* Last, I traveled 4 miles from the Hannaford's to your plate after you purchased me for dinner

Non-local Hamburger

I am an onion

*I was grown at a farm owned by Adams Produce Inc. in Hatch New, Mexico.

* First I was transported 1,121 to West Coast Produce in Oakland, California miles by truck for distribution.

*Next, I was transported 3,122 miles the Hannaford's Distribution Center in Boston, MA by truck for distribution.

*Then, I was transported 216 miles your local Hannaford's store in Burlington, VT by truck for distribution.

* Last I traveled 4 miles from the Hannaford's to your plate after you purchased me for dinner

Non-local Hamburger

I am bread

*I am made from wheat grown at unknown farms in Three Forks, Montana.

* First the wheat was transported 951 miles from Three Forks, Montana to Inland, Nebraska by rail car where it was milled into flour.

* Then, it was transported 1,712 miles to LePage Bakery in Auburn, Maine by truck where it was baked into bread.

*After that, I was transported 202 miles by truck your local Hannaford's store in Burlington, VT for distribution.

* Last I traveled 4 miles from Hannaford's to your plate after you purchased me for dinner.

Non-local Hamburger

I am milk

*I am from cows raised at Monument Farms Dairy in Weybridge, VT where the cows were milked, and the milk was pasteurized, bottled, labeled.

* First, I was transported 35 miles to Hannaford's in Burlington, VT by truck for distribution.

*Last, I traveled 4 miles from Hannaford's to your plate after you purchased me for dinner.

Local Spaghetti

I am ice cream

* I am made from cows' milk. The milk came from cows raised all over Vermont.

*First, the milk was transported an average of 20 miles by truck to the St. Albans Dairy Collaborative by truck where it was pasteurized and distributed.

* Next, I was transported 56 miles by truck to the Ben & Jerry's Factory in Waterbury, VT to be made into ice cream.

* Then, I was transported 27 miles to Hannaford's store in Burlington, VT by truck for distribution.

* Last I traveled 4 miles from Hannaford's to your plate after I was purchased for your dinner.

Local Spaghetti

I am garlic

*I was grown at the Intervale Community Farm in Burlington, VT.

* First, I was picked, dried and transported 3 miles to City Market in Burlington, VT by truck for distribution.

*Last, I traveled 2 miles from City Market to your plate after you purchased me for dinner.

Local Spaghetti

I am a tomato

*I was grown in your backyard garden.

* I was picked and traveled 0 miles from the vine to your plate.

Local Spaghetti

I am bread

*I am made from wheat grown and milled into flour at Gleason's Grains in Bridport, VT.

* First, I was transported 58 miles to Middlesex, VT by truck to Red Hen Baking Company to be baked into bread.

*After that, I was transported 35 miles to City Market in Burlington, VT by truck for distribution.

*Last, I was transported 2 miles to your plate after you purchased me for dinner

Local Spaghetti

I am spaghetti noodles

*I am made from wheat grown and milled into flour at Gleason's Grains in Bridport, VT.

* First, the flour was transported 37 miles to City Market in Burlington, VT by truck for distribution

*Last, the flour traveled 2 miles from City Market to your home after you purchased it for dinner. You used the flour to make homemade spaghetti.

Local Spaghetti

I am Broccoli

*I was grown the Intervale Community Farm.

* First, I was transported 3 miles to City Market in Burlington, VT by truck for distribution.

*Last, I traveled 2 miles from City Market to your plate after you purchased me for dinner.

Local Spaghetti

I am garlic

*I was grown at an unknown farm in Jinxiang, Shandong, China.

*First, I was transported 334 miles to Qingdao, China by truck for distribution.

* Next, I was transported 6,275 miles to West Coast Produce in Oakland, California by cargo ship where I was inspected for distribution in the United States.

*Then, I was transported 3,122 miles to the Hannaford's Distribution Center in Boston, MA by truck for distribution.

*After that, I was transported 216 miles to your local Hannaford's store in Burlington, VT by truck for distribution.

*Last I traveled 2 miles from Hannaford's to your plate after you purchased me for dinner.

Non-local spaghetti

I am bread

*I am made from wheat grown at unknown farms in Three Forks, Montana and Harper, Kansas.

* First the wheat was transported 951 miles from Three Forks, Montana to Inland, Nebraska by rail car where it was milled into flour.

* Then, it was transported 1712 miles to LePage Bakery in Auburn, Maine by truck where it was baked into bread.

*After that, I was transported 202 miles by truck your local Hannaford's store in Burlington, VT for distribution.

* Last I traveled 4 miles from Hannaford's to your plate after you purchased me for dinner.

Non-local Spaghetti

I am spaghetti noodles

*I am made from wheat grown at two different farms in Farmington, Iowa and Harper, Kansas.

*First, some of the wheat was transported 175 miles from Farmington, Iowa to Ames, Iowa by rail car where it where it was milled, processed into spaghetti noodles, labeled, and packaged.

*Next, more wheat was transported 476 miles from Harper, Kansas to Ames, Iowa. by rail car where it where it was milled, processed into spaghetti noodles, labeled, and packaged.

*Then, I was sent 1,156 miles to the Price Chopper Distribution Center in Potsdam, NY by truck for distribution.

*After that, I was transported 114 miles to your local Price Chopper store by truck for distribution.

* Last, I traveled 6 miles from the Price Chopper to your plate after you purchased me for dinner.

Non-local spaghetti

I am a tomato

* I was grown at an unknown farm in San Joaquin, California.

*First, I was transported 20 miles to Sun Ripe Farms in Exeter, California by truck for washing and packaging.

* Next, I was transported 227 miles to West Coast Produce in Oakland, California by truck for distribution around the world.

*Then, I was transported 2,925 miles to Price Chopper Distribution Center in Potsdam by rail for distribution.

*Then I was transported 114 miles by truck to Price Chopper in Burlington, VT.

* Last I traveled 6 miles from Price Chopper to your plate after you purchased me for dinner.

Non-local spaghetti

I am ice cream

*I am made from cows' milk. The cows were raised at an unknown farm in Watertown, WI.

*First, the milk transported 47 miles to Milwaukee, WI by truck for pasteurization.

*Next, the milk was transported 1,052 miles to Breyer's Ice Cream Processing Plant in Framingham, MA by truck where it was made into ice cream, labeled, and packaged.

*Then, I was transported 23 miles to the Breyers Ice Cream Distribution Warehouse in Boston, MA by truck for distribution.

*After that, I was transported 216 miles to your local Hannaford's store by truck for distribution.

*Last, I traveled 4 miles from Hannaford's to your plate after you purchased me for dinner.

Non-local Spaghetti

I am milk

*I am from a cow raised at a farm owned by Inter-American Products in Horse Cave, Kentucky.

*First, I was transported 130 miles to Murfreesboro, Tennessee by truck for pasteurization, bottling, labeling, and distribution.

*Next, I was transported 34 miles to Nashville, Tennessee by truck for distribution across the country.

*Then, I was transported 986 miles to the Price Chopper Distribution Center in Potsdam, NY by rail car for distribution.

*After that, I was transported 114 miles to your local Price Chopper store in Burlington, VT by truck for distribution.

*Last I traveled 6 miles from Price Chopper to your plate after you purchased me for dinner.

Non-local Spaghetti

I am broccoli

*I was grown at a farm owned by Foxy Produce Inc. in Castroville, California.

* First, I was transported 9 miles to Salinas, California by truck where I was put in cold storage.

*Next, I was transported 3,184 miles to the Hannaford's Distribution Center in Boston, MA by truck for distribution.

*Then, I was transported 216 miles to your local Hannaford's store in Burlington, VT by truck for distribution.

*Last, I traveled 4 miles from the store to your plate after you purchased me for dinner.

Non-local spaghetti

Local Chicken

It was raised by _____ in _____.

The chicken took four trips to get to your plate. Find out how many miles it traveled and why it went to each place.

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| Total Miles Traveled | | | | | |

Local Bread

It was made from _____ grown at _____ in _____.

The wheat/bread took three trips to get to your plate. Find out how many miles it traveled and why it went to each place.

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| Total Miles Traveled | | | | | |

Local Lettuce

It was grown at _____ in _____.

The lettuce took one trip to get to your plate. How many miles did it travel and why?

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| Total Miles Traveled | | | | | |

Local Ice Cream

It was made from _____ that came from _____.

The milk/ice cream took four trips to get to your plate. Find out how many miles it traveled and why it went to each place.

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| Total Miles Traveled | | | | | |

Local Cucumber

It was grown at _____ in _____.

The cucumber took two trips to get to your plate. Find out how many miles it traveled and why it went to each place.

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| Total Miles Traveled | | | | | |

Local Tomato It was grown at _____ in _____.

The tomato took one trip to get to your plate. How many miles did it travel and why?

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| Total Miles Traveled | | | | | |

Local Corn It was grown in _____.

The tomato took one trip to get to your plate. How many miles did it travel and why?

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| Total Miles Traveled | | | | | |

Non-Local Chicken

It was raised by _____ in _____.

The chicken took four trips to get to your plate. Find out how many miles it traveled and why it went to each place.

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| Total Miles Traveled | | | | | |

Non-Local Bread

It was made from _____ grown at _____ in _____.

The wheat/bread took four trips to get to your plate. Find out how many miles it traveled and why it went to each place.

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| Total Miles Traveled | | | | | |

Non-Local Lettuce

It was grown at _____ in _____.

The lettuce took four trips to get to your plate. How many miles did it travel and why?

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| Total Miles Traveled | | | | | |

Non-Local Tomato

It was grown at _____ in _____.

The tomato took five trips to get to your plate. Find out how many miles it traveled and why it went to each place.

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| 5 | | | | | |
| Total Miles Traveled | | | | | |

Non-Local Corn

It was grown at _____ in _____.

The corn took four trips to get to your plate. How many miles did it travel and why?

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| Total Miles Traveled | | | | | |

Non-Local Cucumber

It was grown at _____ in _____.

The cucumber took five trips to get to your plate. Find out how many miles it traveled and why it went to each place.

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| 5 | | | | | |
| Total Miles Traveled | | | | | |

Non-Local Ice Cream

It was made from _____ from cows raised at _____ in _____.

The ice cream took five trips to get to your plate. How many miles did it travel and why?

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| 5 | | | | | |
| Total Miles Traveled | | | | | |

Local Hamburger

It was made from _____ was raised by _____ in _____.

The hamburger took three trips to get to your plate. Find out how many miles it traveled and why it went to each place.

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| Total Miles Traveled | | | | | |

Local Cheese

It was made from _____ raised at _____ in _____.

The cheese took two trips to get to your plate. How many miles did it travel and why?

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| Total Miles Traveled | | | | | |

Local Onion It was grown at _____ in _____.

The onion took two trips to get to your plate. How many miles did it travel and why?

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| Total Miles Traveled | | | | | |

Local Lettuce It was grown at _____ in _____.

The lettuce took one trip to get to your plate. How many miles did it travel and why?

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| Total Miles Traveled | | | | | |

Local Bread (Bun)

LOCAL HAMBURGER DINNER

It was made from _____ grown at _____ in _____.

The wheat/bread took three trips to get to your plate. Find out how many miles it traveled and why it went to each place.

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| Total Miles Traveled | | | | | |

Local French Fries

It was made from _____ grown at _____ in _____.

The French fries took two trips to get to your plate. Find out how many miles they traveled and why it went to each place.

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| Total Miles Traveled | | | | | |

Local Strawberry It was grown at _____ in _____.

The strawberries took two trips to get to your plate. How many miles did it they travel and why?

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| Total Miles Traveled | | | | | |

Local Honey It came from _____ raised at _____ in _____.

The honey took two trips to get to your plate. How many miles did it travel and why?

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| Total Miles Traveled | | | | | |

Non-Local Hamburger

It made from _____ was raised by _____ in _____.

The hamburger took six trips to get to your plate. Find out how many miles it traveled and why it went to each place.

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| 5 | | | | | |
| 6 | | | | | |
| Total Miles Traveled | | | | | |

Non-Local Cheese

It was made from _____ raised at _____ in _____.

The cheese took five trips to get to your plate. How many miles did it travel and why?

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| 5 | | | | | |
| Total Miles Traveled | | | | | |

Non-Local Strawberry

NON-LOCAL HAMBURGER DINNER

It was grown at _____ in _____.

The strawberries took six trips to get to your plate. How many miles did they travel and why?

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| 5 | | | | | |
| 6 | | | | | |
| Total Miles Traveled | | | | | |

Non-Local Honey It came from _____ raised at _____ in _____.

The honey took four trips to get to your plate. How many miles did it travel and why?

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| Total Miles Traveled | | | | | |

Non-Local French Fries It came from _____ grown at _____ in _____.

The French fries/potatoes took four trips to get to your plate. How many miles did they travel and why?

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| Total Miles Traveled | | | | | |

Non-Local Bread (Bun)

NON-OCAL HAMBURGER DINNER

It was made from _____ grown at _____ in _____.

The wheat/bread took four trips to get to your plate. Find out how many miles it traveled and why it went to each place.

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| Total Miles Traveled | | | | | |

Non-Local Lettuce It was grown at _____ in _____.

The lettuce took four trips to get to your plate. How many miles did it travel and why?

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| Total Miles Traveled | | | | | |

Non-Local Onion It was grown at _____ in _____.

The onion took four trips to get to your plate. How many miles did it travel and why?

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| Total Miles Traveled | | | | | |

Local Bread (wheat)

It was made from _____ was grown by _____ in _____.

The bread took three trips to get to your plate. Find out how many miles it traveled and why it went to each place.

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| Total Miles Traveled | | | | | |

Local Spaghetti (wheat)

It was made from _____ grown at _____ in _____.

The spaghetti took two trips to get to your plate. How many miles did it travel and why?

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| Total Miles Traveled | | | | | |

Local Garlic It was grown at _____ in _____.

The garlic took two trips to get to your plate. How many miles did it travel and why?

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| Total Miles Traveled | | | | | |

Local Tomato It was grown in _____.

The tomato took one trip to get to your plate. How many miles did it travel and why?

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| Total Miles Traveled | | | | | |

Local Ice Cream

It was made from _____ raised in _____.

The ice cream took four trips to get to your plate. Find out how many miles it traveled and why it went to each place.

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| Total Miles Traveled | | | | | |

Local Milk

It came from _____ raised at _____ in _____.

The milk took two trips to get to your plate. Find out how many miles it traveled and why it went to each place.

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| Total Miles Traveled | | | | | |

Local Broccoli

It was grown at _____ in _____.

The broccoli took two trips to get to your plate. How many miles did it travel and why?

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| Total Miles Traveled | | | | | |

Non-Local Spaghetti Noodles

NON-LOCAL SPAGHETTIDINNER

It was made from _____ grown at _____ in _____.

The spaghetti noodles took five trips to get to your plate. How many miles did they travel and why?

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| 5 | | | | | |
| Total Miles Traveled | | | | | |

Non-Local Broccoli It was grown at _____ in _____.

The broccoli took four trips to get to your plate. How many miles did it travel and why?

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| Total Miles Traveled | | | | | |

Non-Local Bread It came from _____ grown at _____ in _____.

The bread took four trips to get to your plate. How many miles did it travel and why?

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| Total Miles Traveled | | | | | |

Non-Local Tomato

It was grown at _____ in _____.

The tomato took five trips to get to your plate. Find out how many miles it traveled and why it went to each place.

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| 5 | | | | | |
| Total Miles Traveled | | | | | |

Non-Local Garlic

It was grown at _____ in _____.

The garlic took five trips to get to your plate. How many miles did it travel and why?

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| 5 | | | | | |
| Total Miles Traveled | | | | | |

Non-Local Milk

It was came from _____ raised at _____ in _____.

The milk took five trips to get to your plate. Find out how many miles it traveled and why it went to each place.

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| 5 | | | | | |
| Total Miles Traveled | | | | | |

Non-Local Ice Cream

It was made from _____ from cows raised at _____ in _____.

The ice cream took five trips to get to your plate. How many miles did it travel and why?

| Trip | Traveled from | Traveled to | Traveled by | Reason for travel | Miles traveled |
|----------------------|---------------|-------------|-------------|-------------------|----------------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| 5 | | | | | |
| Total Miles Traveled | | | | | |