

Have you ever wondered how the food you eat everyday gets to your table? Many of the food items you find in your everyday home spend multiple weeks and travel thousands of kilometers to get to your plate. These food items take methods of transport like ships, trains, boats trucks and even planes to get to the grocery store shelves. However, we often don't think of all of the energy and time that goes into our food production. In fact, we often don't even realize the large amounts of pollution, in terms of grams of CO2, that are released along this pathway.

In this activity you will be going on a walk to travel the path that different food items take to get onto your plate and uncovering the real cost of some of the food items you may find in your home. At the end you will have a better understanding of the food transport chain in Canada, and be able to think of some ways you can make a positive impact in this sector.

Materials

- Pen or pencil
- Clipboard or book to write on while you walk
- Maps for locations of signs (page 3 & 4)
- Calculator
- Worksheet

Instructions

Part 1

 Using the maps provided go on a walk or travel to one of the first signs. The goal is to go to as many or as little of the sets of signs and fill out the provided worksheet.

- 2. Each sign will point you in the direction of the next sign, with there being a total of 3 signs in each area.
- 3. Fill in the questions on the worksheet provided as you visit the signs. Make sure to note down: the amount of pollution from that step, the distance travelled in that step, the method of transport and the place it originated from.
- 4. Once you have reached the last sign in that set and returned home, complete the calculation portion of the worksheet. This includes the distance traveled, methods of transport used, total pollution created in grams of CO2 and placing the countries of origins on a map of the world. Use a calculator if needed.
- 5. After this use the space provided to create a graph of the total of pollution, to compare how much pollution to how far an item travels. Create a bar graph, and make sure to put a title and label the axis.
- 6. Fill in the discussion questions at the very end once you have visited all the signs you are going to and have returned home for the day. These questions include how one can reduce their own pollution from the food they consume, why do you think we import so much of our food etc. There are no right and wrong answers here, be creative!





Part 2

- 7. The second part of this activity can also be done without the previous part for those who are unable to leave their home or travel at the time of this activity.
- 8. Look for different food items in your own home and look at the different places they are coming from. Look at the labels on those items to identify the country it is imported from. There is also a list of common foods on the worksheet, if you are having difficulty finding this information on food labels.
- 9. Using the worksheet provided, label these areas on the map of the world.
- 10. Next, think of the different ways you think these food items get to your table. How do you think they are transported and how long do you think it takes? Note this down in the space provided on the worksheet.
- 11. Finally fill in the discussion questions at the end. Why do you think we import so many items from so far away and what are some ways you can think of to reduce your own carbon emissions from the food you consume? Remember again there are no right and wrong answers, simply be creative!

Share your findings!

Take pictures while you do the activity and of your findings and email them to oac.assistant@uoguelph.ca!

Authors

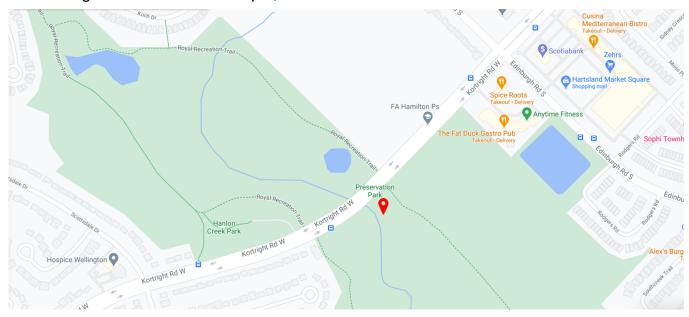
Emily Horodezny, OAC Liaison Assistant

Contact

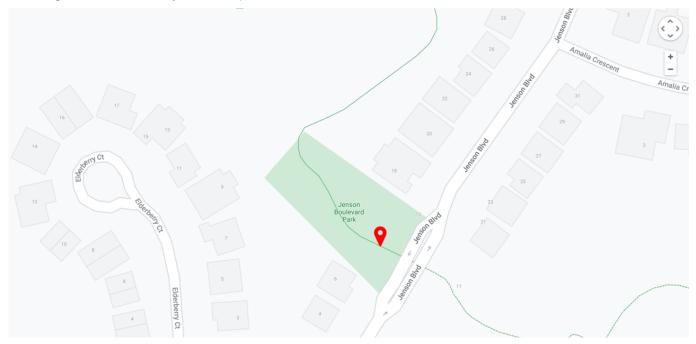
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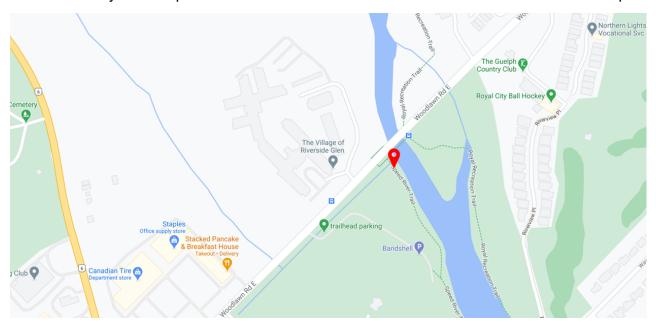
Map 1: First set of signs is located in Preservation Park along the green trail shown on the map. The first sign marked with the red pin, is located near the entrance on the fence.



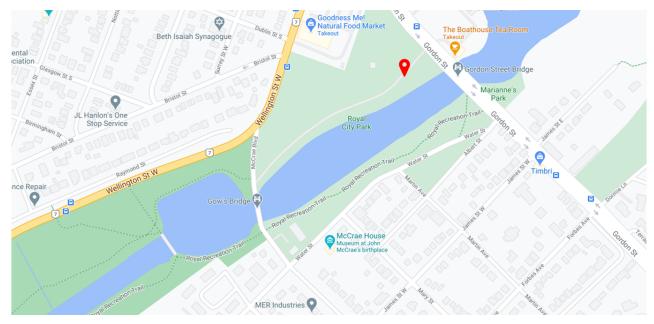
Map 2: The location of the second set of signs is along the trails in Jenson Boulevard Park. The first sign is indicated by the red pin and is on the fence at the entrance to the trails.



Map 3: The third set of signs is located along the Speed River Trail off of Woodlawn Rd. The first sign is indicated by the red pin and is located near the entrance of this trail on a tree stump.



Map 4: The fourth set of signs is located along the trail next to the river in Royal City Park. The first sign is indicated by the red pin and is located near the off of Gordon St and is on a short post.





Part 1: Worksheet

Label where the different items you found came from on the map below:



Where did different food items come from and how far did they travel in total to get to your home?

Bananas	
Apples	
• •	
Garlic	
Chocolate Bar	

What was the total number of different methods of transport for each food item?

Bananas	
Apples	
Garlic	
Chocolate Bar	

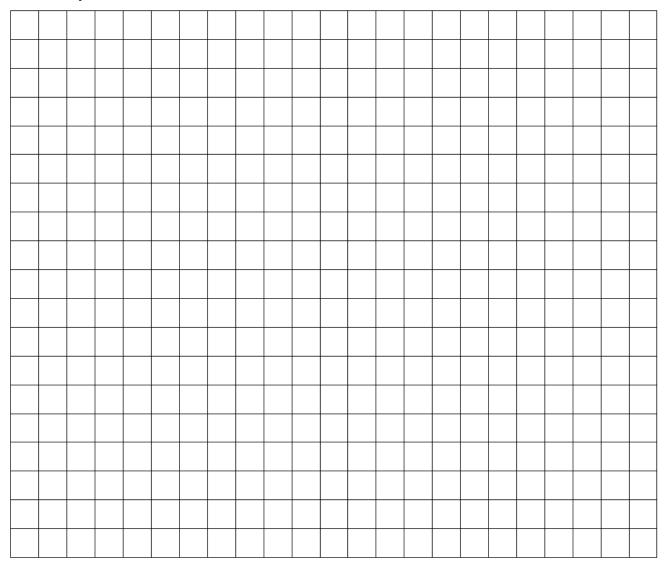




What was the total CO₂ emissions (pollution produced) for each of the food items?

Bananas	
Apples	
• •	
Garlic	
Chocolate Bar	

Using the grid below, create a bar graph of the total amount of pollution created by each of the food items you visited.





Why do you think we import so many items from countries so far away?				
What are some ways you can think of to reduce your own carbon emissions from the food you consume?				
What are some ways you can think of that society as a whole (such as the province of Ontario or the country of Canada) can reduce their carbon emissions related to food?				



Part 2: Worksheet

Look for some different food items in your home, and where they are from. Here is a list of some common food items and where they most likely originate from, as well as the average distance they travel to get onto your plate.

<u>Item</u>	Country	Distance Travelled
Asparagus	Mexico	3,500 km
Broccoli	USA	3,000 km
Carrots	Canada	50 km
Chicken	Canada	50 km
Grapes	Chile	10,700 km
Mangoes	Peru	6,300 km
Milk	Canada	50 km
Pineapples	Costa Rica	4,000 km
Potatoes	Canada	50 km
Rice	Bangladesh	9,400 km
Strawberries	USA	3,000 km

Label where the different items you found came from on the map below:





Where did different food items you found in your home come from? How do you think they get to the grocery store (i.e. boat, plane, truck etc.)?

Why do you think we import so many items from so far away?

Knowing that the further away an item is the more pollution it emits on average. What are some ways you can think of to reduce your own carbon emissions from the food you consume?