

# THE BEYOND RECYCLING ecochallenge

# investigation food



**CHALLENGE:**  
**THE FOOD WE EAT, HOW FAR  
IT IS TRANSPORTED, HOW IT  
IS PACKAGED CAN INCREASE  
OR DECREASE OUR FOOTPRINT.**

**NAME:** \_\_\_\_\_

1. Investigate three packaged food items and three produce (fruit & vegetables) items. Write down what they are and where they came from.

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2. In a typical family meal at your home, how much of the ingredients are:

fresh(ALL) -----/-----HALF-----/-----processed (ALL)

unpackaged-----/-----HALF-----/-----packaged (ALL)  
(bulk items) (in a bag or box)

3. How many days a week do you eat meat? \_\_\_\_\_ fish? \_\_\_\_\_

What percentage of the meat you eat is local? \_\_\_\_\_ organic? \_\_\_\_\_ wild? \_\_\_\_\_



4. Do you grow any of your own food? If so, what?

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5. Where does your family get most of their food (farmer's market, grocery store, garden etc.)?

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6. Write any other observations that you make here:

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