# Local Food is Good Food!

1. **What does it mean if something we eat is locally grown?**

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2. **What are "food miles"?  How far do most fruits and vegetables travel before they reach our supermarket?**

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3. **From what things is packaging made?  How can excess or too much food packaging hurt our environment?**

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4. **What are some ways that fresh, seasonal and locally grown food is good for us?**

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5. **How do you think that locally grown food helps protect the environment?**

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# Local Food is Good Food!

**Answers:**

1. **What does it mean if something we eat is locally grown?**
   *Locally grown means that our food is grown close to where we live.*

2. **What are "food miles"? How far do most fruits and vegetables travel before they reach our supermarket?**
   *Food miles are the distance your food travels from the farm where it's grown. Most fruits and vegetables travel 1,500 from farm to market.*

3. **From what things is packaging made? How can excess, or too much food packaging hurt our environment?**
   *Packaging like paper, plastic, even wood and metal, is made from natural resources such as trees, minerals and petroleum that all come from nature. Too much packaging wastes our natural resources and destroys nature.*

4. **What are some ways that fresh, seasonal and locally grown food is good for us?**
   *Local food contains more nutrients than most food products. Fresh produce doesn't contain any harmful preservatives. Seasonally grown food helps to keep us healthy. For example, brussel sprouts in autumn provide needed vitamins to fight off colds.*

5. **How do you think that locally grown food helps protect the environment?**
   *Buying locally grown food helps to reduce food miles, supports local green spaces and require less packaging because food products don't have to travel very far.*