

LOCAL FOOD SYSTEM INVESTIGATION:

Local Food System Investigation: The cost of healthy food. PART 1

Together: Create a list of seasonal produce—10 items we will investigate.

In partners cover each grocery store in town, writing down the price per pound or item for each. Note whether it is labeled as local, organic, conventional etc.

Comparisons with processed foods.

Local Food System Investigation: The cost of healthy food. PART 2

Attend the local farmers' market.

Each team will investigate 1 farm stand.

While one person decides what to purchase with \$10, the other will collect price information for each produce item of interest. Talk to the farmer about production practices. Make a note of these.

Meet in the field to compare and discuss.

Discuss issues related to the marketing of produce at this location. As market manager, what innovative strategies would you suggest to improve the marketing of produce?

Questions to consider throughout the investigation

How do we get local food to the people?

What takes precedence organic or local? Does it change based on the food group we are considering?

How do we get people to eat produce?