



HACK YOUR IMPACT:



FOOD FOR THOUGHT ACTIVITY

MEAL:

INGREDIENTS NEEDED:

** You should try to break down every ingredient individually. For example, bread would contain flour, yeast, water, sugar, and oil.



BREAK IT DOWN



INGREDIENT:

WHERE WAS IT GROWN?

HOW FAR FROM YOUR CITY (KM)?

INGREDIENT:	WHERE WAS IT GROWN?	HOW FAR FROM YOUR CITY (KM)?

Hint, Add the numbers in this column together to complete next page

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ADD UP YOUR FOOD MILES



TOTAL KM FOOD TRAVELLED TO CITY:

+

TOTAL KM DRIVEN TO GROCERY STORE FROM HOME:

**If you usually walk or take public transit to the grocery store,
you can put 0 in this category!

FOOD MILES FOR THAT MEAL:

IT TAKES 40,075 KM TO TRAVEL AROUND THE EARTH. HOW MANY TIMES WOULD YOUR MEAL HAVE TO TRAVEL AROUND THE WORLD BASED ON THE TOTAL KM TRAVELLED FOR YOUR MEAL?

HOW COULD YOU REDUCE YOUR FOOD MILES?

WHAT IS A ROADBLOCK TO REDUCING FOOD MILES?



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WHAT IS THE PRIMARY TRANSPORT METHOD TO GET FOOD TO GROCERY STORES NEAR YOU?

WHAT IS THE IMPACT OF THESE CONSTANT TRANSPORTS ON THE ENVIRONMENT?

WHAT IS A WAY THAT WE CAN REDUCE DEPENDENCY ON THESE TRANSPORTATION SYSTEMS?

WHAT DO YOU THINK WOULD HAPPEN IF THESE TRANSPORT SYSTEMS FAILED?

DO YOU THINK SOCIETY HAS BECOME TOO DEPENDANT ON THESE TRANSPORT SYSTEMS?
