

## GOING ON A PICNIC!

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**OBJECTIVE //** To learn about the environmental impacts of food consumption patterns (more specifically, the positive impacts of eating locally-produced seasonal foods), and how to shop accordingly

**TIME //** 15-20 minutes

**GROUP SIZE//** Any

**MATERIALS //**

Resources for participants to research local foods that are in season or available for consumption during their month of birth.

**Ideas for resources:**

- Access to a computer lab
- Lists of local foods available during each month of the year (prepared by organizer)

**PREPARATION //**

Have a plan of action as to how participants will learn more about local foods. If you choose to prepare a resource for participants, you can use the following book (available at Ten Thousand Villages) and the websites on the following page as a starting point. (If the direct link does not work, copy and paste the URL into a web browser.)

Lind, Mary Beth & Hockman-Wert, Kathleen. (2005). *Simply in Season, A World Community Cookbook*. Waterloo, ON: Herald Press.

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PROVINCE	RESOURCE
Yukon Territory Northwest Territories Nunavut	<p>Agriculture and Agri-food Canada: <a href="http://www.agr.gc.ca/eng/industry-markets-and-trade/canadian-food-eatcanadian/where-to-find-canadian-foods/yukon-northwest-territories-nunavut/?id=1392216500676">http://www.agr.gc.ca/eng/industry-markets-and-trade/canadian-food-eatcanadian/where-to-find-canadian-foods/yukon-northwest-territories-nunavut/?id=1392216500676</a></p> <p>Food Secure Canada: <a href="http://foodsecurecanada.org/community-networks/northern-remote-food">http://foodsecurecanada.org/community-networks/northern-remote-food</a></p>
British Columbia	<p>Get Local BC: <a href="http://localfoods.about.com/od/CanadianProduceGuides/a/British-Columbia-Produce.htm">http://localfoods.about.com/od/CanadianProduceGuides/a/British-Columbia-Produce.htm</a></p>
Alberta	<p>Alberta Agriculture and Rural Development: <a href="http://www1.agric.gov.ab.ca/\$Department/deptdocs.nsf/all/explore13591/\$FILE/DineAlbertaSeasonalFreshFoodGuide.pdf">http://www1.agric.gov.ab.ca/\$Department/deptdocs.nsf/all/explore13591/\$FILE/DineAlbertaSeasonalFreshFoodGuide.pdf</a></p> <p>Alberta Farm Fresh Producers Association: <a href="http://albertafarmfresh.com/">http://albertafarmfresh.com/</a></p>
Saskatchewan	<p>About Food: <a href="http://localfoods.about.com/od/CanadianProduceGuides/a/Saskatchewan-Fruits-And-Vegetables.htm">http://localfoods.about.com/od/CanadianProduceGuides/a/Saskatchewan-Fruits-And-Vegetables.htm</a></p>
Manitoba	<a href="http://www.manitoba.ca/agriculture/local-food/pubs/chart.pdf">http://www.manitoba.ca/agriculture/local-food/pubs/chart.pdf</a>
Ontario	<p>Foodland Ontario: <a href="http://www.ontario.ca/foodland/page/availability-guide">http://www.ontario.ca/foodland/page/availability-guide</a></p>
Quebec	<p>Equiterre: <a href="http://www.equiterre.org/fiche/produits-de-saison">http://www.equiterre.org/fiche/produits-de-saison</a></p> <p>Mapaq: <a href="http://www.mapaq.gouv.qc.ca/fr/Publications/FruitsetLegumesduquebec.pdf">http://www.mapaq.gouv.qc.ca/fr/Publications/FruitsetLegumesduquebec.pdf</a></p>
New Brunswick	<p>Buy Local NB: <a href="http://www.buylocalnb.ca/resources/">http://www.buylocalnb.ca/resources/</a></p>
Nova Scotia	<p>Select Nova Scotia: <a href="http://selectnovascotia.ca/seasonal-availability">http://selectnovascotia.ca/seasonal-availability</a></p> <p>About Food: <a href="http://localfoods.about.com/od/CanadianProduceGuides/a/Nova-Scotia-Seasonal-Produce.htm">http://localfoods.about.com/od/CanadianProduceGuides/a/Nova-Scotia-Seasonal-Produce.htm</a></p>
Prince Edward Island	<p>Department of Agriculture and Fisheries: <a href="http://www.gov.pe.ca/agriculture/index.php3">http://www.gov.pe.ca/agriculture/index.php3</a></p>
Newfoundland and Labrador	<p>About Food: <a href="http://localfoods.about.com/od/CanadaLocalFoods/tp/Newfoundland-Local-Foods.htm">http://localfoods.about.com/od/CanadaLocalFoods/tp/Newfoundland-Local-Foods.htm</a></p> <p>Food First NL: <a href="http://www.foodfirstnl.ca/nl-seasonality-chart/">http://www.foodfirstnl.ca/nl-seasonality-chart/</a></p>



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### ACTIVITY GUIDE

**STEP 1 //** Explain the activity to the participants:

The group is going on a (hypothetical) "100-Km Picnic," and you need to decide what everyone is bringing! Because this is a "100-Km Picnic," all of the food that is brought must have been grown/raised/produced within 100 kilometres of your current location. Instead of everyone bringing one item individually, participants will work in groups according to the month in which they were born. Each month's group must bring an item of food that is available during their birth-month. (This requires the group to work together to find out which foods are locally available during their month). Participants may also choose to "make" a dish with items that are available during their birth-month, such as pies or bread.

As an example, participants in Southern Ontario who were born in June could bring strawberries to the "100-Km Picnic." Encourage participants to think about more than just fruits and vegetables; for example, some people can bring dairy items, meats, grains, honey or maple syrup. Those born in winter months may need to consider preserves, or foods that keep well (potatoes, apples, grains, etc).

**STEP 2 //** Divide participants into groups by the month they were born in, (or some other way, if you prefer), and explain how they will be researching their food items - either with a previously-prepared tool or on their own.

**STEP 3 //** Give participants approximately 15 minutes in their groups to decide what they will bring to the picnic. (Depending on group size and dynamic, each group or each individual can choose an item to bring.)

**STEP 4 //** Bring the group back together, and have each individual or a member of each group, beginning with January, announce what they will bring to the "100-Km Picnic." (For example, "We're June and we're bringing strawberries to the picnic!").

**As an added challenge, have each group/individual recall what foods others are bringing before they announce their own food item.**

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### POST-ACTIVITY DISCUSSION//

Discuss with the group why eating locally is less harmful to the environment than buying imported food. You can use the following discussion points to help to summarize the learnings and prompt further discussion and actions participants can take:

- Lower carbon footprint from transportation
- Supports local economy
- Food generally doesn't need as much packaging
- Food generally doesn't need as many chemicals to maintain 'freshness'
- Fruits and vegetables are able to mature on the vine
- To enjoy certain foods when they are not in season, canning and preserving is a fun activity to do with family and friends!