OBJECTIVE:
To investigate the energy and labour required for food to come from a field to one's plate, and the amount of food waste generated by students' families. Also, to analyse how that energy is wasted when food is discarded.

INITIATIVE SUMMARY (WHAT & HOW):
This programme addresses the problem of food waste in America, where an estimated 40% of food grown is wasted. In the lesson Food 101 For Families, youth watch an engaging video featuring a NorthBay educator to learn about the issue. The educator prompts them to download a journal where they draw a picture to illustrate all the people, processes and energy invested in one food item they recently consumed. Next, they track their families' food waste for one week. After they record and share findings online, they develop an action plan to reduce food waste.