



Learning about local food

Economy Sectors

PRIMARY

Extraction of
raw materials
from the earth
or sea

SECONDARY

Production and
manufacturing
of products
from raw
materials

TERTIARY

Provision of
services

Where is your food coming from?



What are food miles?



Food miles is the distance food is transported from the time of its making until it reaches the consumer.

It is necessary to define the geographical limits based on impact.

What is the impact of transportation?

Air pollution

Health problems e.g. asthma

Water pollution

Using up fossil fuels

Carbon dioxide emissions

Congestion

Accidents

Noise

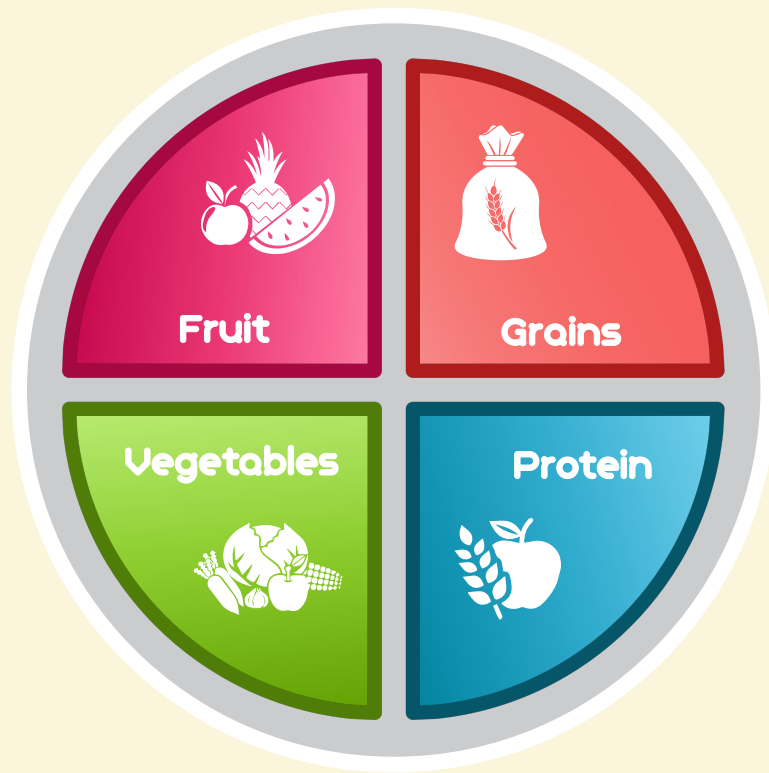
What is local food?



Local food is food that is produced within a short distance of where it is consumed, often accompanied by a social structure and supply chain different from the large-scale supermarket system

Eating Locally

Building a balanced diet, comprised of fresh, nutritious local ingredients



Shorter distance between the place of origin and the consumer leads to fresher produce



Daily nutrition is based on seasonality and availability



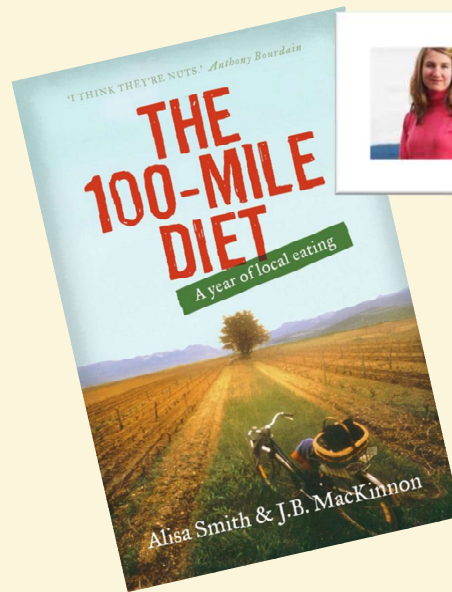
Consuming meat, legumes, grain, dairy, vegetables and fruits coming from a strict distance from where we are



Cutting down food miles as much as we can.

The 100 mile diet

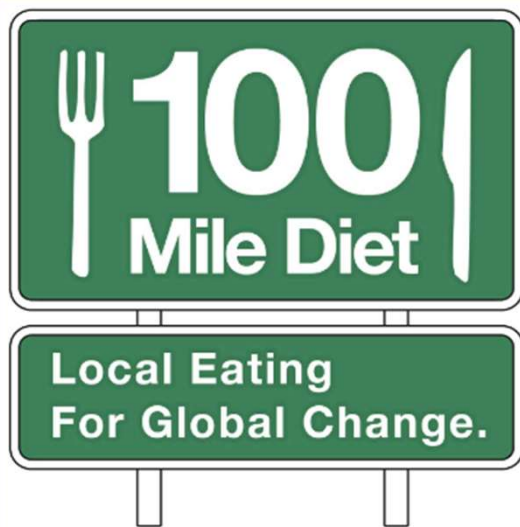
From a random event to a life
experience



Canadian writers Alisa Smith and J.B. MacKinnon decided to organize a dinner for their friends and family while on holiday but they did not have access to big supermarkets (or well... delivery)



They decided to creatively turn to the nature surrounding them, choosing to forage mushrooms, dig up some forgotten potatoes and garlic from their garden. They even gathered some apples and sour cherries



They ended up with a delicious, imaginative menu delighting their guest. Thusly, deciding to embrace seasonality and local food when they went back home.



The family for an entire year was using **locally grown food**, coming from up to **100 miles** from where they lived

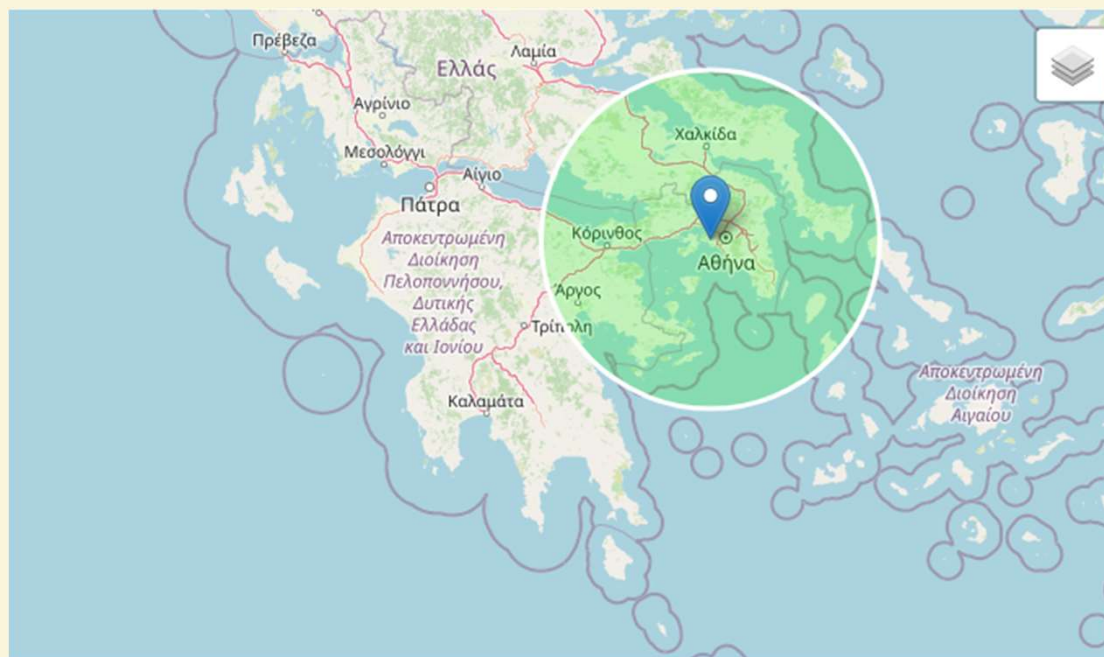


Their food was **travelling less miles** to get to them.
They managed to re-evaluate their relationship with **healthy and nutritious meals**.



They highlighted the **benefits for the planet** – and in the end **people** – using produce with **small environmental impact**

[Click on the map](#) and identify places from where you can get locally grown ingredients



What are the benefits?

Economy

Local economy boost

Nutritional Value

*Fresher
Nutritious*

Society

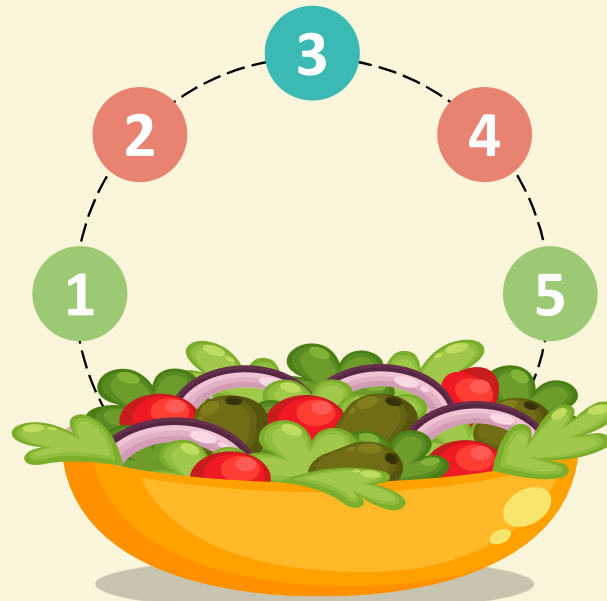
Better food management

Health

*Improved Quality
Less preservatives*

Environment

*Less emissions
Less transport costs*



Thank you!



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