



Build Competencies in **sustainable** PRACTICES

project

AGRICULTURE

8

making **sustainable** food connections



MAKE IT PERSONAL

How could you think more critically about the extent to which you make sustainable food choices?



SEARCH AND INVESTIGATE

Local, Canadian and global foods

ONE What range of foods are available in Canada? Investigate online stores or use examples from your own food choices to identify some examples of foods that come from both local and global food systems.

Identify the food system that these foods come from, using a **Triple T-Chart** that you create with the following headings.

Identify the food examples you find in the appropriate column of the chart. Identify which agricultural commodities these food examples come from.



Local food system	Canadian food system	Global food system



Use **WHAT MAKES THE FOOD ON YOUR PLATE SUSTAINABLE?** for these learning tasks. Use the Learning Source and the information for this guiding question in the **sustainable PRACTICES** carousel on www.projectagriculture.ca. Check out these weblinks for additional information.

Find examples of Canadian farms and foods on the Canadian Cool Foods website <https://canadiancoolfoods.com/>. Get links to many of these farms and companies on this website at <https://canadiancoolfoods.com/insights>.

Find additional stories about Alberta farmers on the Taste Alberta website in Sharing Stories About the Food Grown in Your Backyard at www.tastealberta.ca/blog.

Explore the farms that are part of farmers' markets in Alberta on the Alberta Farmers Market Association website at <https://albertafarmersmarket.com/markets/>.

Get information on programs that protect ecosystems and habitats on agricultural land in the Canadian Wildlife Federation's Agriculture & Habitat webpage at <https://cwf-fcf.org/en/explore/agriculture-habitat/?src=FF#background>.

TWO Use a second **Triple T-Chart** to assess the factors that affect the availability of these foods to you. Revisit the food system image in **WHAT MAKES THE FOOD ON YOUR PLATE SUSTAINABLE?** to consider how these foods move through its different stages.



Local food system	Canadian food system	Global food system

Identify three of your favourite foods. To what extent would you consider these foods to be sustainable? Why do you think they are – or are not – sustainable foods?



EXPLORE AND CREATE

Work with a partner or in a small group to brainstorm a **list of factors** that influence the production of sustainable food.

Consider any or all of the following aspects of food production or others that you identify. Revisit any other **Learning Sources** on the carousel slides in this topic.

- ◆ The land and natural ecosystems
- ◆ Nutrient, energy and water cycles
- ◆ Farming practices and crop diversity, such as crop rotation, cover crops and no-till
- ◆ Traditional knowledge and practices
- ◆ The influence of precision agriculture, including irrigation

From your brainstormed list, select the **top three** that you consider the most important. Create an **infographic** or **poster** that illustrates why your top three are important criteria for food to be considered sustainable.

The use of “Product of Canada” or “Made in Canada” on food labels is voluntary. However, a food product that uses the claim “Product of Canada” means that all the significant ingredients in a food product are Canadian in origin. A “Made in Canada” label can be used on a food product when the last major processing or preparation of the product happened in Canada, even if some ingredients are from other countries.

The government of Canada also identifies when a food can be labelled as a **local food** – when it is produced in the province or territory in which it is sold or is a food sold across a provincial border within 50 km of where it originated.