

My Food Journey Journal

Food Name	Where Was It Bought?	Where Did It Originally Come From?	How Was It Preserved?

Consider...

What patterns are you seeing? Do most of your purchases come from one place? How are your foods typically preserved? Do you purchase most of your food from the same store or same type of store?

What choices do you make when you buy foods? Cost? Availability? Shelf life?

Are there changes you can make to help support local food sources that you hadn't considered before? Can you purchase fresh produce from the farmers market? Can you support a neighborhood bodega instead of a national supermarket?

Are you aware of how your food choices connect you to nature? What kind of food decisions do you make over the course of a day? How do those decisions link you back to the land?