



Some foods travel from across the country, others travel from around the world! Many of the spices we use when cooking can only grow in other parts of the world.

### Salt

Salt is naturally made from the salt water of our oceans. Shallow ponds are left to dry up in the sun and salt is left behind. Salt is being produced in Silver Springs, NY, Manistee, MI, and a few other US cities as well as other global locations.



### Cinnamon

The spice cinnamon comes from the bark of the cinnamon tree. Countries like China and Sri Lanka are the world's largest producers of cinnamon.



### Pepper

The pepper plant prefers a tropical growing habitat and can't be grown naturally in the US. Most of the world's pepper comes from India and Vietnam.

# HOW LOW CAN YOU GO?

The fewer miles your food travels before it lands on your dinner table can mean a smaller carbon footprint. How low can you go? Calculate the number of miles your meal traveled before you ate it. Don't worry about all the spices you've added to your meal – focus on the main ingredients!

## INGREDIENTS

Example: Apples

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## WHERE IS IT FROM?

Example: Champlain Orchard in Shoreham, VT

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## MILES FROM YOU

Example: I live in Woodstock, VT. Champlain Orchard is in Shoreham, VT. That's **63** miles.

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**CALCULATE IT!**



ADD THE MILES TO SEE HOW FAR YOUR MEAL TRAVELED.

CAN YOU GO EVEN LOWER AT YOUR NEXT MEAL?

## WHAT'S A CARBON FOOTPRINT?

Carbon dioxide is a gas produced when cars, trucks, planes, ships, and trains use fuel or gas to move.

Your carbon footprint is the amount of carbon dioxide that is made because of your needs (like shipping oranges in a semi-truck from Florida to Vermont for your lunchbox). You can change the size of your carbon footprint by changing things like where your food comes from. Instead of an orange, enjoy a delicious McIntosh apple from a Vermont orchard!

