SEASONAL FOOD WHEEL

On this circle: in the shaded space, draw and label foods grown near you that you can get all year, like eggs, honey, potatoes, or herbs.

On the next page: draw and label foods grown near you in the months or seasons when they are ready to eat.

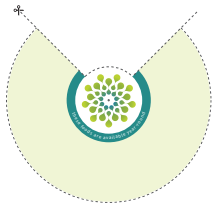
To finish: cut out this circle and its wedge. Place it on top of the circle on the next page, line them up, and fasten the centers with a paper brad. Turn the top circle to see what is in season each month.

these foods are available year-round

Nourish Curriculum © WorldLink (Lesson 2: Seasonal, Local Food)
Developed in partnership with the Center for Ecoliteracy
Northern Hemisphere seasons (north of the equator)

TO ASSEMBLE

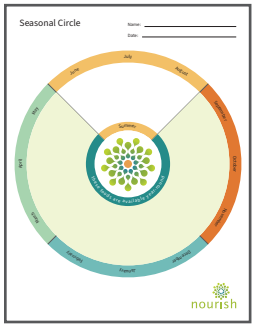
1. Cut out this circle.



2. Place it on top of this circle and line it up.



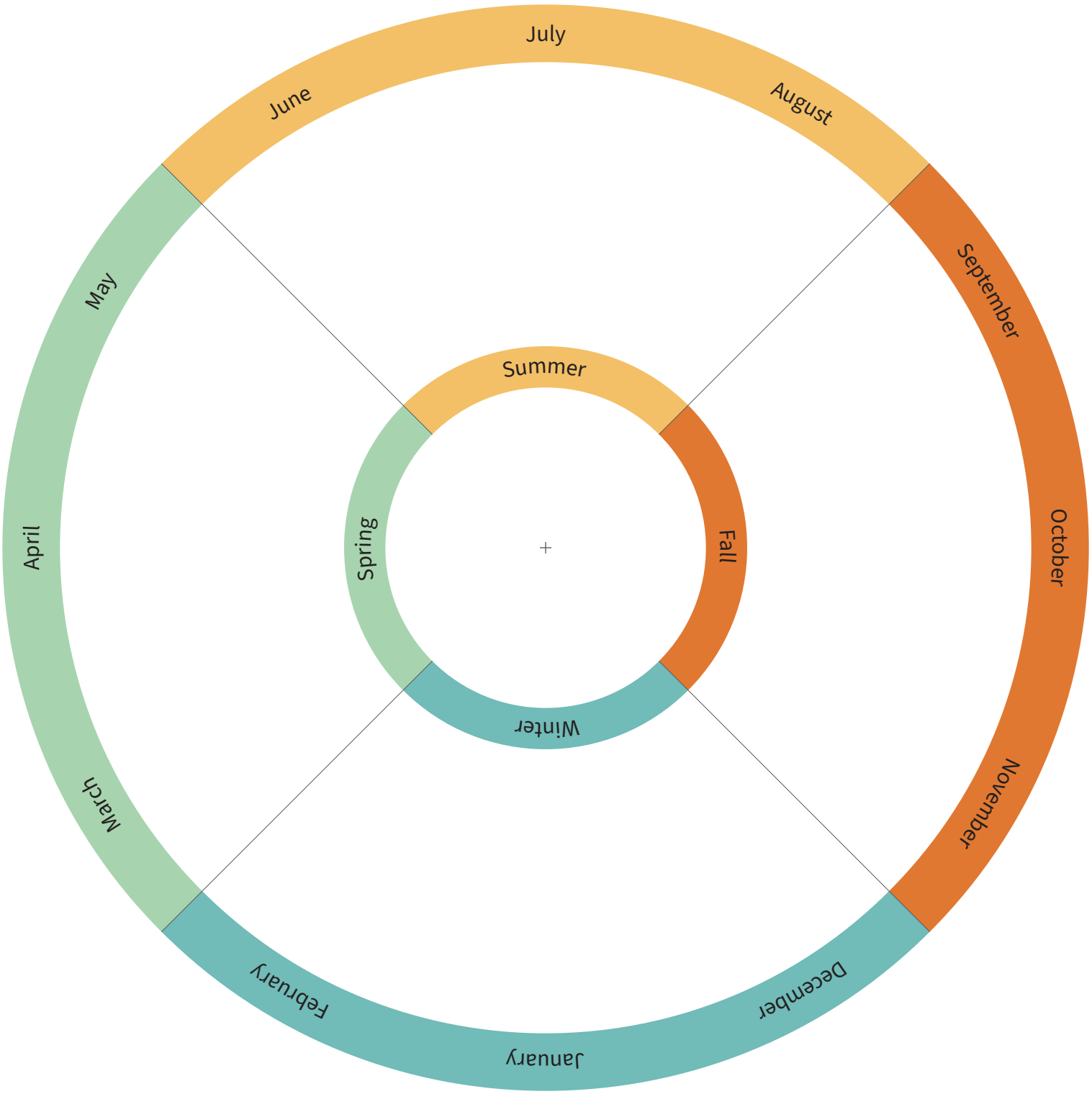
3. Fasten the two circles together with a brad fastener to make this:



Seasonal Food Wheel

Name: _____

Date: _____



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ACTIVITY: SEASONAL, LOCAL FOOD

Local Food Resources

Help your family find local, seasonal food in our community. Research one place where local food is sold, grown, or shared.

NAME _____ DATE _____

Our team's category

- ☐ Farmers Markets
- ☐ Community Gardens
- ☐ CSAs (farm shares)
- ☐ Local Grocery Stores
- ☐ Restaurants with local food
- ☐ Other: _____

Place #1

Name _____

Where is it? (address or neighborhood) _____

What local, seasonal food can you find there? _____

When is it open? (season, days, hours) _____

Place #2

Name _____

Where is it? (address or neighborhood) _____

What local, seasonal food can you find there? _____

When is it open? (season, days, hours) _____

1 Why our category matters

Write 2–3 sentences for your family: why does it matter to have these places in our community?

2 How to use it

Suggest one way your family could try this category this season: a visit, a purchase, a small change.

3 Sources

Where did you find this information? (Websites, farmers market signs, conversations.)

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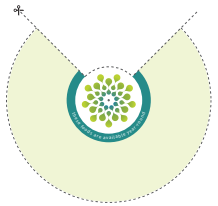

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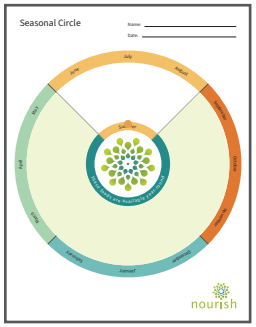

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Seasonal Food Wheel

Name: _____

Date: _____



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