SEASONAL FOOD WHEEL

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

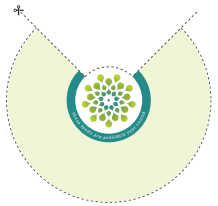
On the next page: draw and label foods grown in your foodshed in the months or seasons when they are ready to eat.

To finish: glue your 150-mile (240-kilometer) foodshed map to the back of the next page. Cut out this circle and its wedge, place it on top, 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

TO ASSEMBLE

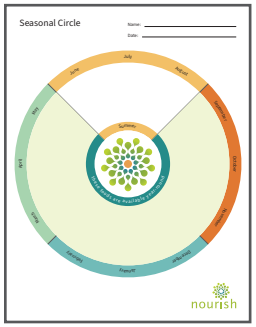
1. Cut out this circle.



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:

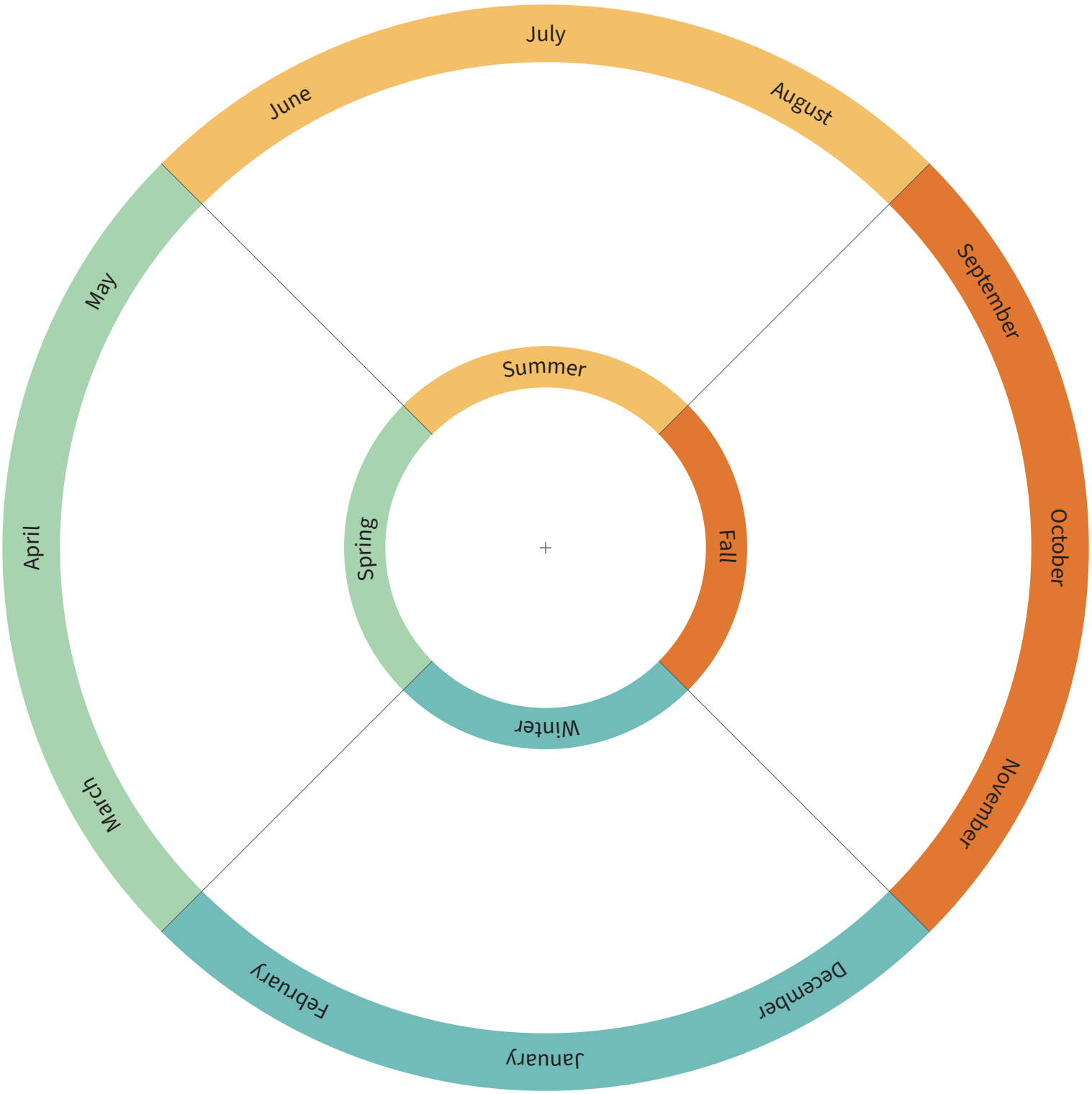


Nourish Curriculum © WorldLink (Lesson 2: Seasonal, Local Food)
Developed in partnership with the Center for Ecoliteracy
Northern Hemisphere seasons (north of the equator)

Seasonal Food Wheel

Name: _____

Date: _____



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

nourish

ACTIVITY: SEASONAL, LOCAL FOOD

Local Food Resources

Your team's page for the class Local Food Resources booklet. Research real places in our foodshed where local food is sold, grown, or shared, so families can find them.

TEAM MEMBERS _____ DATE _____

Our team's category

- ☐ Farmers Markets
- ☐ CSAs (farm shares)
- ☐ Community Gardens
- ☐ Food Co-ops
- ☐ Stores or Restaurants with local food
- ☐ Other: _____

Place #1

Name _____

Where is it? (address or neighborhood) _____

What local, seasonal food is sold, grown, or shared there? _____

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

Contact (website, phone, or email) _____

Place #2

Name _____

Where is it? (address or neighborhood) _____

What local, seasonal food is sold, grown, or shared there? _____

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

Contact (website, phone, or email) _____

1 Why our category matters

Write 2–3 sentences for families: what do places like these add to our local food system?

2 How to use it

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

3 Sources

Where did you find this information? List websites, directories, signs, or people you talked to.

SEASONAL FOOD WHEEL

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

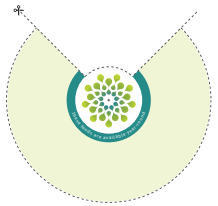
On the next page: draw and label foods grown in your foodshed in the months or seasons when they are ready to eat.

To finish: glue your 150-mile (240-kilometer) foodshed map to the back of the next page. Cut out this circle and its wedge, place it on top, 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

TO ASSEMBLE

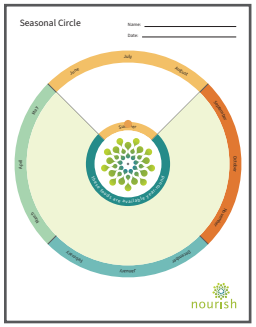
1. Cut out this circle.



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:



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

Seasonal Food Wheel

Name: _____

Date: _____



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

nourish