The Hidden Journey of Food

The Race for Less Food Waste

Group Members: _____ Assigned Food: _____ Date: _____

Directions: Trace your assigned food through the food system. At each stage, describe what happens. Mark N/A only when a stage truly does not apply.

Part 1: Map the food journey

STAGE	What Happens Here?
1. Agricultural Production	
2. Harvesting or Collecting	
3. Processing and Packaging	
4. Transportation and Storage	
5. Retail, Restaurant, or School Food Service	
6. Purchase, Preparation, and Consumption	
7. Recovery or Disposal	

On page 2, identify at least three places where food could be lost or wasted.

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Part 2: What did it take to produce this food?

Circle every resource used in your food's journey. If the chart misses anything, list it at the bottom.

LAND & SOIL	WATER	SUNLIGHT	SEED OR FEED	FERTILIZER	EQUIPMENT	ENERGY
KNOWLEDGE	LABOR	REFRIGERATION	PACKAGING	TRANSPORTATION	MONEY	OTHER

Part 3: Where could food be lost or wasted?

#	Stage (From Part 1)	How could food be lost or wasted here?	Who could make a difference?	Ideas to prevent or reduce food loss/waste
1				
2				
3				

Part 4: Make the connection

1. What is lost besides food when this product is discarded?

2. Which part of the journey surprised your group and why?

3. How could repeated consumer choices influence what producers, processors, retailers, restaurants, or schools produce and purchase?