

# Local Foods Situation Cards

## Individual Level

A sophomore does not like the way plain apple juice from at the school cafeteria tastes, so he brings Sunny Delight each day.

A 4-Her uses ingredients grown in her garden to make 4-H cooking project recipes because she values both quality and low cost in food.

An adult got sick from a local farmers' canned tomatoes and now won't eat produce from that farmer.

An adult purchases all his meat products from local beef and hog farmers because he likes the way the food products taste.

Your father chooses to buy local foods from the farmers market because he believes the local economy is important.

A woman grows vegetables in her own garden because she is allergic to common preservatives put on produce in stores.

Your mother loves the taste of oranges which can't be grown in Ohio so she usually shops for her fruits at super markets

A college student believes local foods are too expensive, so she shops for her food at super-centers.

## Group Level:

Your parents pack lunches for you and your brother every day that include produce from local farmers.

A high school student asks his mom if they can start purchasing beef from local farmers because his friends' family has a cattle farm.

It's a tradition that every October your family visits your county's Fall Festival held by several local farmers where they purchase apples and pumpkins.

Your 4-H group packs dried fruit and granola made from local foods for snacks during your group field trip.

A group of friends regularly visit a local farmers' food stand for snacks and dinner when they hang out on the weekends

Your team provides free sports drinks at practice and games, so you usually drink that instead of bringing water from home

All your friends are buying hot dogs instead of the locally produced barbeque at a school football game concession... You buy a hot dog too so that you don't feel left out.

At your family reunions, your grandma always makes and serves her famous green-bean casserole made with beans from her garden.

You want to encourage your friends to have their families purchase more foods that are grown in your county, but you are aware that some of their families receive SNAP benefits (food stamps).

Your classmates often stop for fast food. They also like to go to Starbucks, and stop at convenience stores for snacks. It seems like it would be impossible to encourage them to buy fruits and vegetables from a local fruit stand or grocery store instead of getting their usual snacks.

Your friend has been drinking at least 1-2 cans of Mountain Dew every day for the last few years. She says that soda has less caffeine than coffee, and that she doesn't drink coffee at all, so she is better off than most people.

Your 4-H group asks volunteers to bring snacks to each meeting. Those who bring snacks want to bring something that everyone will like, so they usually bring chips and dip or candy.

**Community/ Organizational Level:**

Every month your school purchases in-season vegetables and fruits from local farmers to serve in the cafeteria.

Your community restaurants begin marking on their menus which meals are made with locally-produced ingredients.

You notice that your grocery store sells many vegetables from different countries.

Small businesses jointly decide to solely purchase local foods from area farmers.

Rumors go around your community that some of the local livestock contracted a serious virus and some businesses stop buying local meats as a result.

Your county's 4-H program decides to start a community garden where teens help raise local fruits and vegetables that can be given to food pantries.

Your school's wellness committee has set goals to serve at least two locally-grown vegetables each fall.

Your County Fair does not have any food stands serving local foods

**Policy/ System Level:**

Every morning companies market sports drinks specifically to kids through TV and radio ads.

Celebrities are paid to wear national beverage company and snack company logos on TV ads and in magazine ads

Many food service directors request an exemption from the whole grain rich requirements.

Your state legislature votes to provide a tax break to businesses which purchase 50% of their produce from local farmers & producers

State and federal laws require farmers to handle their produce, meat, and other local foods safely to protect consumer health

Community citizens create a series of ads highlighting local foods and have them played on all local radio & TV stations

A law requires public schools to provide free sources of water (like drinking fountains)

The federal government lowers the taxes placed on imported foods from other countries; this makes local foods more expensive than international foods.

Your local farmers market takes part in "Veggie SNAPs" –a program that allows SNAP recipients to receive double benefits for purchasing produce.

Parents and students petition the local school board to make improvements to the meals served throughout the district.

Your school food service director is not interested in finding local food vendors because the school has a contract with a major distributor.

The USDA has established "geographic preference rules with