

# LUKE CENTER FOR PUBLIC SERVICE

## Service Learning Teacher Institute 2010

### "Out-of-the-Box Nutritious Options"

#### Field Trip to Farmer's Market and Grocery Store Focus: Food/ Eating Local/ Eating Healthy

#### Introduction

Are you a **localvore**? Would you even want to be one? A "localvore" is someone who tries to eat locally.

Eating locally can include supporting local businesses such as eating plate lunch at L & L Drive-In. But it can also include choosing to buy food grown or made in Hawai'i as opposed to buying food grown elsewhere that has to be shipped to Hawai'i. And while it is true that many types of fruits and vegetables can't be grown in our tropical climate, there are lots that can.



By buying locally grown produce, you are supporting our island economy, helping many local families stay in business, and giving yourself the freshest and often tastiest options.

#### Manoa Marketplace Farmer's Market

(Tuesday, Thursday, Saturday)

1. List 8 items sold at this Farmer's Market that have been grown locally:

- |    |    |
|----|----|
| 1) | 5) |
| 2) | 6) |
| 3) | 7) |
| 4) | 8) |

2. List 1 item that you've never seen or tasted before: \_\_\_\_\_

3. List 3 items sold here that are foods that your family eats often. Also list the price for each:

Food Item	Price (per _____)
1)	
2)	
3)	



#### PUNAHOU SCHOOL

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## Field Trip to Farmer's Market and Grocery Store

### Foodland – Beretania

Foodland is a local business and one that is taking steps to help its consumers become more knowledgeable. You will be working in teams of five, conducting "on-site research" to discover what items Foodland carries that are locally grown, organic, and/or locally made.

Category: **Produce** (Fruits, Veggies, Herbs, etc.)

	Locally Grown	Organic (but not local)	Locally grown & Organic
Labeled How? ⇒			
	1)	1)	1)
	2)	2)	2)
	3)	3)	3)
	4)	4)	
	5)	5)	
	6)		
	7)		
	8)		
	9)		
	10)		

Category: **Dairy** (Milk, Cheese, Ice Cream, Yogurt, Eggs, etc.)

1. Names of local dairies/companies:

- 1)
- 2)

2. List 4 local dairy products and their prices. Then find a non-local version of the same item and list its price.

Local Food Item	Price	Non-Local Same Food Item	Price
1)		1)	
2)		2)	
3)		3)	
4)		4)	



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### Foodland – Beretania (con.)

Category: **Other** (Cookies, Bread, Crackers, Cereal, Snacks, Asian Foods, etc.)

List 10 other food items that you would eat, that are locally made.

- |    |     |
|----|-----|
| 1) | 6)  |
| 2) | 7)  |
| 3) | 8)  |
| 4) | 9)  |
| 5) | 10) |



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