Appendix B
Food Choices and Sustainability

Card #1
SWEET CORN

It is August and you are at your local farmers market. You see some stands with sweet corn available.

Cindy’s Corn is advertising as “Heirloom and GM-free” and Bob’s Cob’s says “delicious and local”. You ask Bob if his corn is from Genetically Modified (GM) seed and he says yes.

You know that both GM and non-GM crops have the same nutrition.

Which do you choose?

Card #2
SWEET CORN

Bob thanks you for asking about GM seed. He says that his corn seed has a protein (from a naturally occurring soil bacteria) built into its DNA. This helps the corn resist a pest (worm) that can damage the kernels. Because of this, Bob says he only had to spray pesticide on his crop once this summer.

When you ask Cindy about her crop, she says she chooses to grow an heirloom (heritage) variety which is GM-free, but she is not an organic farmer. She had some issues with pests (worms) this summer and has had to spray pesticide 3 times.

Has your choice changed?

Card #3
SWEET CORN

The heirloom corn from Cindy costs $4 for 6 cobs.

The corn from Bob costs $6 for 1 dozen cobs (12 cobs).

What is your final choice?

How sustainable is your choice in all three areas (health, environment, economy)?

How do you prioritize the 3 areas of sustainability when making this choice?
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Card #1
BURGER

You are at your favourite local restaurant with your friends. Today you feel like a burger.

There is a beef burger option for $17 and a spicy lentil burger option for $12. Both burgers are topped with veggies, ketchup and mustard and come with a choice of a side dish.

You are paying for the burger with money you earned at your after school job.

Which do you choose?

Card #2
BURGER

The restaurant has included the nutrition summary for each of the burgers:

Beef Burger:
Calories: 512
Fat: 27g
Carbs: 40g
Protein: 25g

Lentil Burger:
Calories: 200
Fat: 4.5g
Carbs: 30g
Protein: 11g

Which do you choose?

Card #3
BURGER

You read the description of each burger.

Lentil burger: “The lentils for this burger were grown by a farmer in Saskatchewan. The farmer focuses on soil health by using crop rotation and no-till (no cultivation). The lentils are good for soil fertility because they put nitrogen back in the soil.”

Beef burger: “This beef comes from Ontario where it is raised on pasture on a farm with an Environmental Farm Plan. It was brought to market weight in a feedlot with a grain diet (mostly corn).

Has your decision changed? How sustainable is your choice in all three areas (health, environment, economy)?
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Card #1
EGGS
You are making a choice between 2 cartons of eggs.

The first carton is organic. Organic eggs mean that the chickens were only fed organic feed and the birds had access to the outdoors.

The other eggs have no mention of organic, but are labelled as “Omega-3 enriched”.

Which one do you choose?

Card #2
EGGS
You learn that the organic eggs, although products of Canada, are laid by hens which are fed organic feed imported from China.

The Omega-3 (non-organic) eggs are also products of Canada and the hens are fed grain (including flax for the Omega-3), which is grown in Canada.

Which would you choose with this new information?

Card #3
EGGS
The organic eggs cost $5.99 and the Omega-3 eggs cost $3.99.

Has your decision changed?

Are there other questions which you have about the sustainability of the eggs?
Where could you find that information?

How sustainable is your choice in all three areas (health, environment, economy)?

How do you prioritize the 3 areas of sustainability when making this choice?
### Appendix B
**Food Choices and Sustainability**

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<thead>
<tr>
<th>Card #1</th>
<th>FRUIT</th>
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<tbody>
<tr>
<td>You are packing your lunch for school and are trying to decide which fruit to include. Your parents went shopping the day before and there are bananas from the Dominican Republic and Canadian apples. What choice do you make? Which option is more sustainable?</td>
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<td>The apples are a local (Canadian) choice but you don’t have any information about the farm where they grew. You know that many fruit farms in Canada bring in foreign workers to help with harvest. When you pick up the bananas, you see that they have a Fair Trade sticker on them. This means that the farmers receive a minimum price for their fruit and workers receive fair pay. Is one choice more sustainable than the other?</td>
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<td>Both fruits are a healthy choice from the Fruit and Vegetable food group. It is winter time in Canada, and you know that the apples were picked ripe in the summer, stored in a cold room at the orchard and brought home to your fridge. The bananas were picked before they were ripe and still look a little green. Which fruit do you choose? How sustainable is your choice in all three areas (health, environment, economy)?</td>
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