



for Thanksgiving

DISCUSSION TOPICS

Use these questions/topics to inspire lively conversation about where your food comes from and what food means to you. Encourage everyone to join in and share their favorite food stories.

For more information, visit: www.pugetsoundfresh.org

1. What is your favorite Thanksgiving memory? What was your biggest holiday kitchen disaster or most memorable meal? Has your Thanksgiving menu always been the same, or how has it changed?
2. The definition of the term "locally grown food" is often debated. What does "local" mean to you?
3. Do you have any farmers or food workers in your family? Have you spent time visiting or working on a farm? Do you know any farmers? If so, what do they grow?
4. Why do you think it's hard for people who live in cities to find locally grown food? What roadblocks do local farmers face in delivering their products to people in cities?
5. Did you know many of the foods you buy at grocery stores travel an average of 1500 miles before they get to your table? Buying food from local farms helps reduce the environmental impacts of transporting food from far away. Try to calculate how far the food you are eating has traveled.

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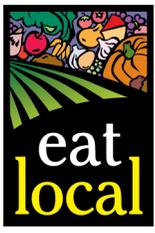
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6. What is 'American' food? Many people say that much of what we eat is unhealthy. Do you agree? What do you think would be healthier? Would you change what we eat or how we prepare it?
7. What keeps you from eating more locally produced foods? What would it take for you to include more local foods in your diet?
8. Research shows that buying from locally-owned businesses keeps two to three times more money in the community than buying from national chain stores. At farmers markets for example, for every dollar spent, 62 cents is re-spent locally. At nationally owned chain stores, only 25 cents is re-spent locally. Why do you think this is true?
9. Have you ever tried growing your own food? What did you plant, and how did you prepare it when you harvested it?
10. What is your favorite vegetable? Least favorite? Have you tried any new vegetables recently?

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