



# CHANGE IS SIMPLE®

## GLOBAL FOOD MILES | ADDITIONAL VIDEO RESOURCES



**CHANGE IS SIMPLE**  
SCIENCE OF SUSTAINABILITY

### Eat Local - Why is it so important

*Duration: 2:46*

*Video Description:* This is one of Change is Simple's own educational videos. This video reviews the importance of shopping local by highlighting the impacts buying food from far away has on our health and on the health of the planet. Ways to help are also included.

*Video Reflection Questions:*

- What does it mean to eat locally?
- What are some benefits of eating locally?



### Field to Fork - Food Miles

*Duration: 1:16*



*Video Description:* This video is part of a series called Field to Fork and was created by young people from the UK. The video explains what a food mile is and how food miles are related to the environment with examples of European meats.

*Video Reflection Questions:*

- What is a food mile?
- What are some ways to decrease your personal food miles?

### The Extraordinary Life and Times of Strawberries

*Duration: 1:59*



*Video Description:* This video was made by the AdCouncil for a campaign on food waste. This is an excellent follow up because it not only shows how strawberries get to our fridge, but expands beyond the lesson to remind students how important it is to be making conscious decision about what type and how much food to buy.

*Video Reflection Questions:*

- What happened to the strawberries at the end of the video?
- What can you do to reduce food waste?

