



Brought to you by



A Food Which is  
Healthy for

You!

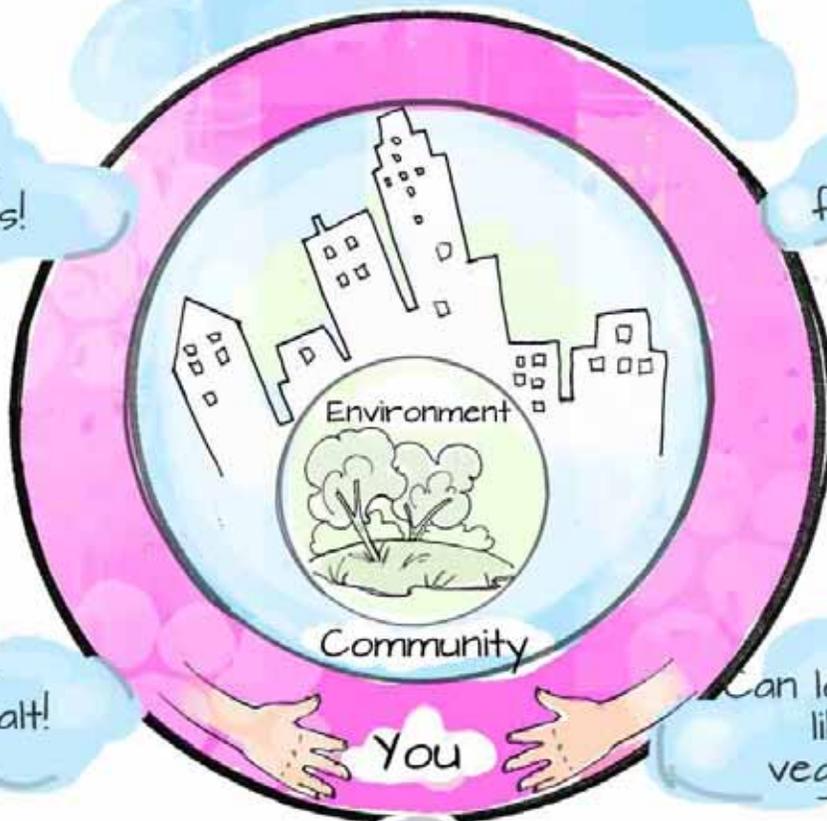
Is made  
of quality  
ingredients!

Keeps you  
fit and lean!

Should limit  
sugar and salt!

Can look a lot  
like a  
vegetable!

Has vitamins  
and minerals!



A Food Which is  
Healthy for

# Community!

Is made in or  
near your  
community!

Keeps the  
community  
active and  
growing

Helps local  
businesses make  
money!

Is grown safely  
with few or no  
chemicals added

Provides jobs  
for your  
neighbors!



A Food Which is  
Healthy for

# Environment!

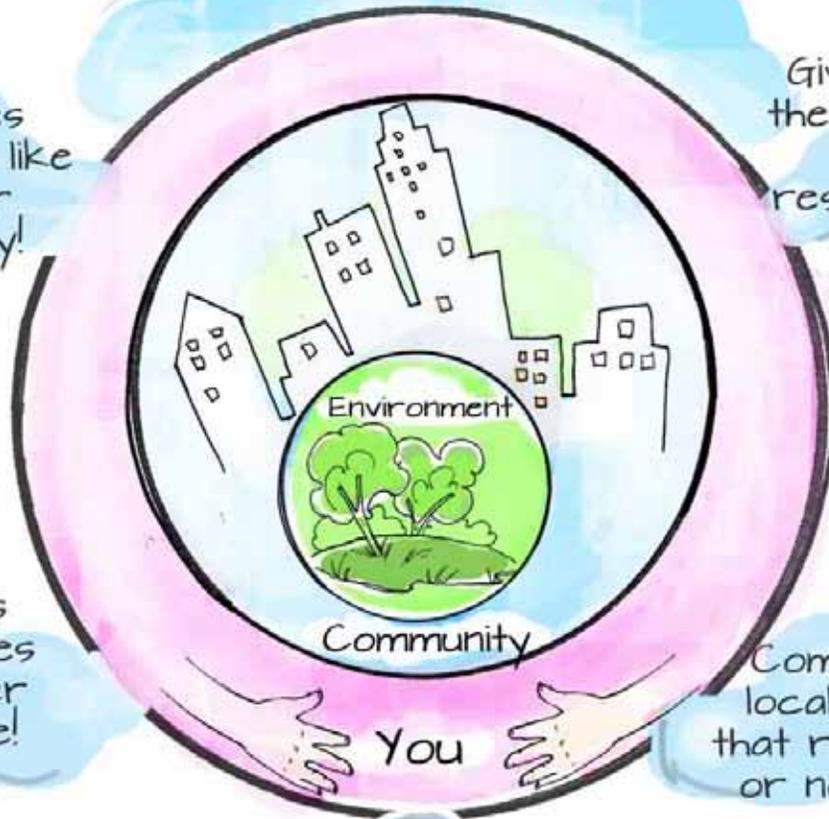
Conserves  
resources like  
water or  
electricity!

Gives back to  
the environment  
through  
restoration and  
education!

Re-uses  
resources  
whenever  
possible!

Comes from  
local sources  
that require little  
or no shipping!

Keeps harmful  
leftovers off  
the land and out  
of the air!



Sample label for  
Macaroni & Cheese

# Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

**Amount Per Serving**

**Calories** 250      Calories from Fat 110

**% Daily Value\***

<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans</i> Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	<b>4%</b>
Vitamin C	<b>2%</b>
Calcium	<b>20%</b>
Iron	<b>4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

1 **Start Here** →

2 **Check Calories**

3 **Limit these Nutrients**

4 **Get Enough of these Nutrients**

5 **Footnote**

6

**Quick Guide to % DV**

• 5% or less is Low

• 20% or more is High

# Performing a Skit about Cooperatives

Cooperatives, also known as co-ops, are businesses that are owned and operated by their members. For example, farm co-ops consist of farmers and their families. Co-ops exist to serve the interests of their members; 100 percent of the profits are distributed directly to the members. Cooperatives also support the communities in which members live and work. They value local ownership, community development, and education and training.

Depending on the needs of their members, cooperatives can do any number of things. A dairy cooperative, for example, takes raw milk from a member farmer. The co-op pasteurizes the milk, puts it into jugs or cartons, and arranges to sell and advertise it.

You will work with your group to create a skit demonstrating how farm cooperatives work. Your skit must:

- be three-five minutes long.
- have a role for every student in the group.
- illustrate the important information from the reading above.
- illustrate one type of cooperative described at:  
[www.ncba.coop/ncba/about-co-ops/co-op-types](http://www.ncba.coop/ncba/about-co-ops/co-op-types)
- include dialogue or narration to help the audience understand main ideas.
- be accurate, clear, and loud enough.

# Cabot Creamery

Cabot Creamery is a 1,200 farm family dairy cooperative with members in New England and upstate New York. As a co-op, Cabot is owned and operated by its member farmers and their families.

Cabot is guided by the Rochdale Principles, which was created in 1844.

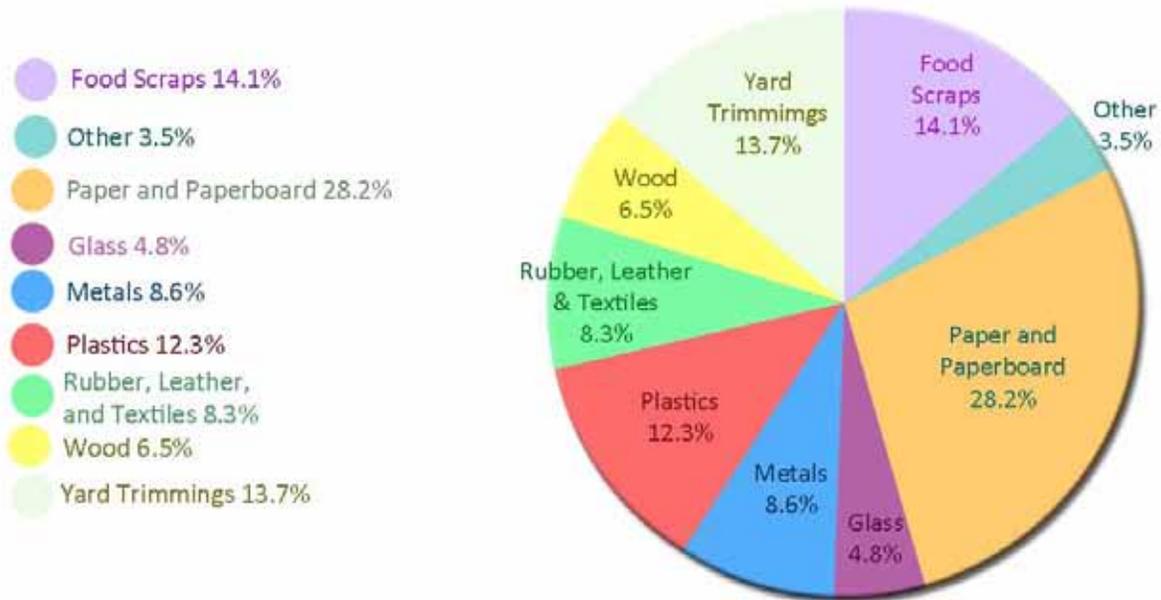
These guidelines include:

- voluntary and open membership
- democratic control by members
- equitable contributions by members
- education, training, and information for members
- working together and helping other co-ops
- supporting the community

Cabot values community, quality, democracy, and local ownership. Co-op owners serve in local government. They are volunteer fire-fighters. They work to help revitalize downtown economies and protect natural resources.



## Total MSW Generation (by Material), 2009



According to the Environmental Protection Agency, Americans produced about 243 million tons of municipal solid waste (more commonly known as trash or garbage) in 2009. This equals approximately 4.3 pounds of waste per person per day!



**REDUCE**

**Reduce** the amount of trash you throw away.



**REUSE**

**Reuse** containers and products. Compost organic waste.



**RECYCLE**

**Recycle** as much as possible and buy products with recycled content and packaging.

# Redesigning Food Packaging

You will work with your partner to creatively redesign the packaging of one of the packaged foods you found in your kitchen. You may choose which package you would like to redesign.

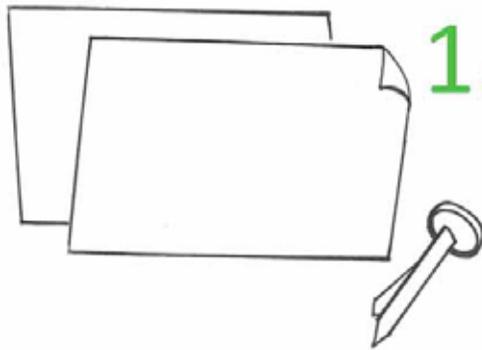
Your goal is to apply the three R's (reduce, reuse, recycle) to design the most environmentally-friendly package possible.

Sketch out your redesign on the scrap paper provided by your teacher. Your redesign should:

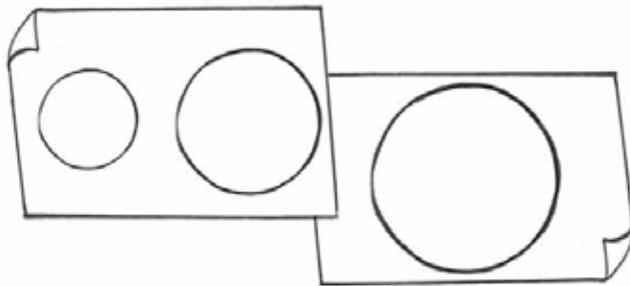
- include a title that identifies the food you selected.
- safely package the food for purchase and storage.
- clearly illustrate and label the package materials.
- include a brief explanation that summarizes how you applied the three R's concept.



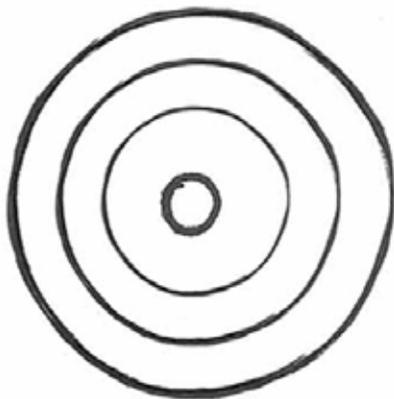
# Make Your Own Wonder Wheel!



1. Get two pieces of cardstock and a paper fastener.



2. Cut out three circles. Use an entire piece of cardstock to make one large circle. Use the other piece of cardstock to make two smaller circles as shown.



3. Assemble your Wonder Wheel by laying your circles on top of each other. Punch a hole in the middle of the circles. Fasten together with the paper fastener.

4. Draw or write the names of healthy foods on the rings of your Wonder Wheel:
  - Outer ring – healthy foods for you
  - Middle ring – healthy foods for your community
  - Inner ring – healthy foods for the environment

5. Add clever and creative touches to make your Wonder Wheel more personal and engaging.