

Community Food Mapping

Activity

Resource: Ideas for Action

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

What Is it All About?

Create a bulletin board that includes a local map. Identify locations where food is available within your community and where supports for healthy eating can be found.

Why Do It?

Students become more familiar about where healthy snack options are available in their school and wider communities.

How Do We Do It?

Using a bulletin board in a common area of the school, identify community resources available to support healthy eating within their school community. Examples may include:

- Community garden
- Dietitian
- Farmer
- Farmers market
- Food bank
- Grocery store

- Parents
- Public Health unit

What Else Do We Need?

- Map of community
- Writing utensils

How Do We Get Creative?

Consider having guest speakers from the community come to school and share healthy eating tips and tips with students and staff.