

The Local Food Journey

Food takes a journey to get to our plate. Lots of the food we get from the grocery stores or online comes from very far away, often traveling over 1,500 miles! But, did you know that when there are fewer steps between where food is grown and where you eat it, the healthier and tastier it is?!

Pizza is made of a few key ingredients and can have a number of toppings. Most of these ingredients can be sourced fresh right from your local farms and markets.

Help Riley find the ingredients to make a fresh and tasty pizza!

See the ingredients list below to get started and then trace a path for Riley to follow to get the ingredients needed and return home.

Riley's pizza ingredient checklist:

- ☐ Dough (made mostly from flour)
- ☐ Cheese (made from milk)
- ☐ Tomato sauce (made from tomatoes with some basil and garlic)

Extra Toppings:

- | | |
|----------------------------------|------------------------------------|
| <input type="checkbox"/> Peppers | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Meats |
| <input type="checkbox"/> Herbs | <input type="checkbox"/> Mushrooms |

To learn more about the importance of local foods and where you can get the freshest ingredients to make your favorite meals, visit buylocalglv.org or scan the QR code.



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