

INTRO



# From Seed to Table: **The Story of My Food**



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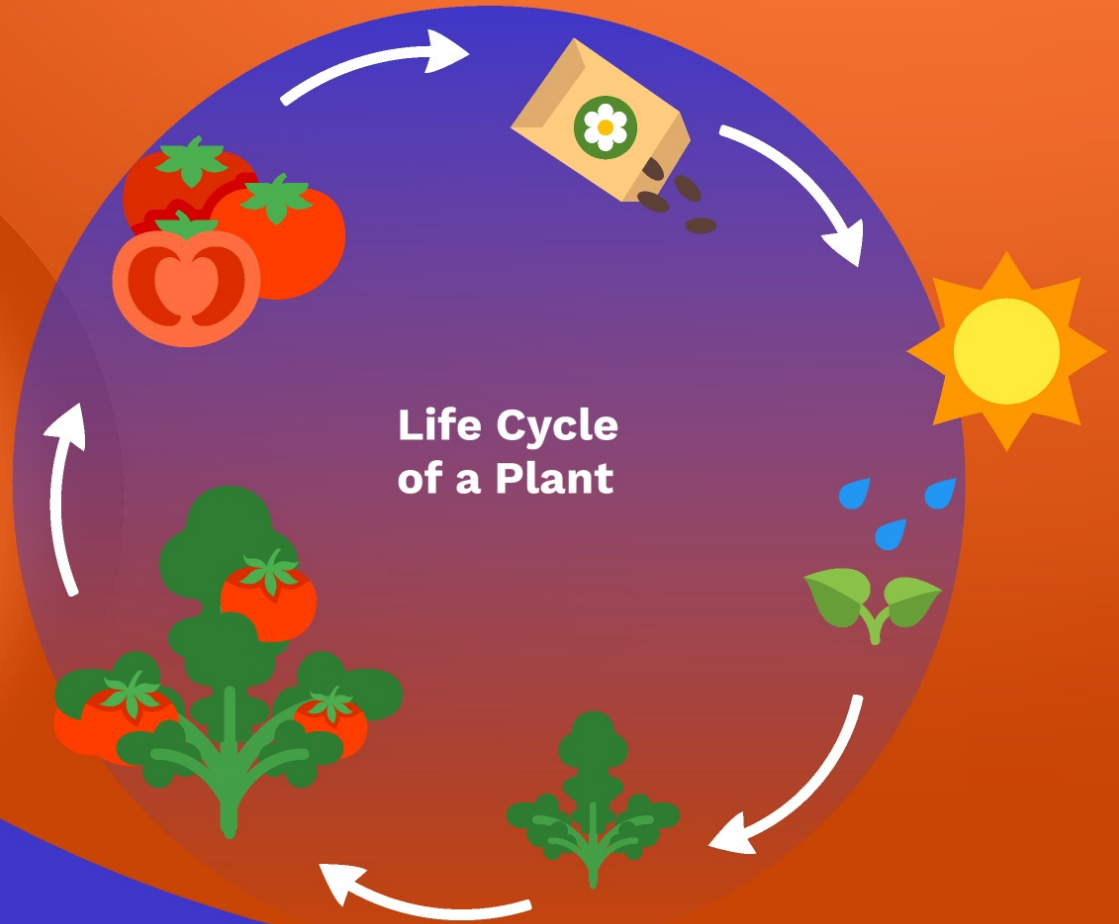
# All food has a story...

## And every story has a beginning.



The beginning of this story is not found in the kitchen, or even in the grocery store. In fact, there is so much more to tell!

**If you are eating something that is or was a plant, it started as a seed!**





**Let's use the  
example of a  
tomato.**

**This tomato started  
out as a tiny seed,  
planted on a farm.**



**Can you think of something you ate  
for lunch that started as a seed?**

# YOUR FOOD ON THE MOVE...

Let's follow this  
tomato's story from a  
tiny seed to your plate





# GROW

**Farmers use large equipment to prepare soil for planting. The seeds are watered and begin to grow into bigger plants.**

# HARVEST

Eventually, the tomato gets big enough to eat. When the crop is ripe, farmers harvest it. Some foods can be harvested by big machines that gather lots of food at once. Some foods need to be carefully picked by hand.



# TRANSPORT

The freshly harvested crops are taken from the farm by truck, train, air, ship or barge. Some crops may travel a long distance from where they are grown.





# PREPARE

**The food is processed in a factory. The equipment here can chop, grind, boil, dry, can or freeze food. Our tomato has been cooked and made into pasta sauce!**





# PACKAGE

**Factory workers operate machines that put food into containers such as jars, cans, boxes, or bags. This protects the food and makes it easier to ship and sell.**

# DISTRIBUTE

Large shipments of food are received and then sold by supermarkets, convenience stores, or restaurants.



# CONSUME

**C**ustomers buy, prepare and eat the food.

**T**he tomato (which is now tomato sauce) was just picked up by a family who will make spaghetti tonight!



# COMPOST

**Some food scraps and packaging can be composted. This means it breaks down into rich soil that can be used in a garden, feeding the new plants as they grow.**

**This Story is cyclical, meaning there is no beginning or end.**



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