



Nourish Food System Map

Study Guide

Understanding the Big Picture

When we explore the story of our food, a web of people and processes begins to come into view. By better understanding the connections and relationships that compose this web, we can intentionally design a healthier, more sustainable food system.

Use the Nourish Food System Map to open a meaningful conversation about food and sustainability. Draw on the discussion questions below to encourage inquiry and dialogue.

The Nourish Food System Map adds to the growing collection of resources available from Nourish, an educational initiative designed to increase food literacy and build healthy communities. Learn more at www.nourishlife.org.

Discussion Questions

- What issues represented on the map are most important to you? Why?
- What is missing from the map that might be important? Why?
- Who do you think has the most power to influence the food we eat? Why?
- Who are some of the people affected by the food choices you make? Who benefits the most from your food choices?
- How can communities exercise more control over the food they eat?
- If you were invited to design a healthier, more sustainable food system, where would you focus your attention? Why?
- After studying the Food System Map, what new insights do you have? How will these insights affect your personal actions?

