



Where Do My Vegetables Come From?

OBJECTIVE

Raise awareness about the **origin of vegetables**, **seasonality** and **kilometres travelled**, promoting more sustainable and informed choices.

YOUR MISSION

Over the course of **a day**, choose two vegetables to eat and find out **where they come from**.

Step 1 – Identify the vegetables

Record the vegetables you consumed:

Horticultural	Where you ate it (soup, salad, main course, etc.)

Step 2 – Verify the source

Check the **label**, the **packaging** or the place of sale and note:

Horticultural	Country/Region of origin

Step 3 – Near or Far?

Reflect on the distance travelled:

- Do you think this vegetable came **from near** or **far**?
- Why do you think that?
- Is it a **seasonal** horticultural?



REFLECTION:

Step 4 – Conscious Choice

Tick what applies:

- Local/national production
- European production
- Production outside Europe

FINAL REFLECTION

It answers the following questions:

1. What are the advantages of choosing vegetables produced **closer to you**?

2. When buying next, what could you change to choose **more local or seasonal vegetables**?

FOODWISELAB TIP

Locally sourced and seasonal vegetables tend to need less transport, less artificial conservation and better retention of flavour and nutrients.