

When you go grocery shopping, *what grade do you get?*

Here is a friendly challenge to eat closer to the farm. Read through these descriptions and decide which one fits you best. Then make it your goal to get a better grade this year!

Grade F

“You could eat it in the checkout line.”

No dishes required. Hot, ready-to-eat meals such as rotisserie chicken, prepared salad and sides, prepared beverages (sweet tea and soda). At least one meal per day comes from a drive-through, deli, restaurant, or gas station.



<http://www.goldnplump.com/>



http://en.wikipedia.org/wiki/File:Stouffer's_Lasagna.JPG

Grade D

“Heat and Eat.”

Your middle name could have been Stouffer's. You spend a lot of time in the freezer section. Your menu includes items like frozen lasagna, chicken pot pie, frozen pizza, chicken nuggets, canned soups, tuna salad lunch packs, canned fruit, etc.

Grade C

“Assembly cooking.”

This grade includes boxed meals that require browning of the meat, measuring liquids, mixing the packet with water. If you're a C, you might buy things like pre-cut frozen veggies, boneless skinless chicken breast, and other “basic” ready-to-use ingredients, like pre-washed lettuce, pre-formed sausage patties, and ready-to-cook French fries. If you were to make cinnamon rolls, you'd buy canned biscuit dough and roll them yourself. Other examples include using frozen pie crust but fresh apples and using canned cream-of-___ soups to provide the seasoning for your recipes. Most or all of your sauces start with a can of something (broth, tomato, etc)..



www.campbellfoodservice.com

Grade B

“Short-list.”

The products in your cart have readable ingredients lists, if any.

Nothing in your cart would be appetizing to eat right now, except the fruit or bread (flour, sugar, spices, whole chickens, butter, coconut oil, raw fresh vegetables, whole head of lettuce (not pre-washed, pre-cut). You buy exotic foods occasionally, like coconut milk and peanut butter, but even those only

list 2 or 3 ingredients. Most of the rest of your food comes from home-combined ingredients. The cheese in your cart only has 4 ingredients, and the milk you buy can't be bought in stores in most places.



<http://www.macaroniandcheesecake.com/2012/09/strawberry-on-top-inside-my-grocery-cart.html>

Grade A

“What’s a grocery cart?”

Your idea of a visit to the grocery store would work back in the wagon trail days when folks only traveled into town for dry goods once or twice a year! Instead, you probably killed the meat and milked the cow and picked the veggie, or know the person who did. Maybe you even ground the wheat berries into flour or churned the cream into butter or made the cheese! Your idea of fast food is cheese and fruit or soup. You get annoyed at those things referred to as “recipes” that tell you to put a “box of this and a can of that.” If you don’t make it from scratch, your family doesn’t eat it! And if it’s not growing nearby, you must have gotten it from a glass jar in the pantry!



<http://www.oceanbeachsandiego.com/events/farmers-market-wednesdays>

Learn more about real food. Visit ShadyGroveRanch.net.