

Eating habits and food choices can be affected by different external factors. These factors include family or household budget, cost of foods, access to clean drinking water, types of foods available at home, at school, or in the community.

Budget and Cost:

The amount of money you can spend on food will depend on your family's budget. It's usually cheaper to buy local produce in season. For example, strawberries can be affordable in the early summer but too expensive to buy in the winter.

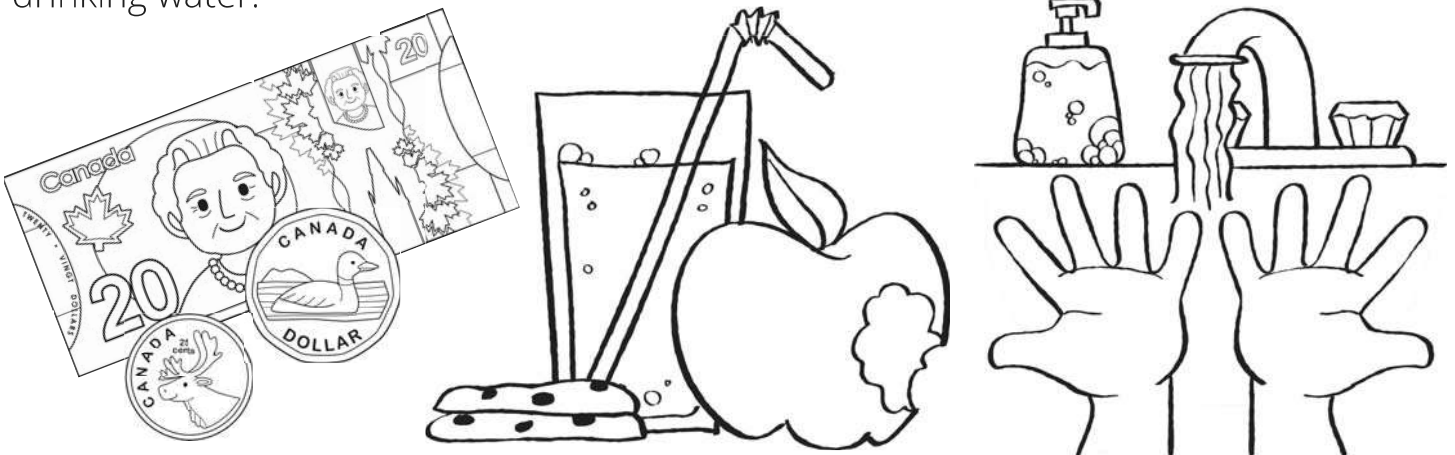
You can save money by buying foods in bulk and making large meal portions to freeze and use later. You can also compare prices between different grocery stores to get the best deals on the healthy foods that you enjoy. Stocking up on discounted items can be a good way to get more food for less money.

Access to Food and Water:

It can be hard to get enough fresh food if you live in a place that is far away from a grocery store. Food can be even more expensive and hard to get for people who live in rural or remote places because items have to travel a long way to be delivered.

When fresh produce is not available in the winter, canned and frozen vegetables are healthy and inexpensive options. Some people can grow fresh produce in their gardens to eat in the summer. They can also try to preserve them in jars to eat later on. Some communities rely on hunting and fishing for fresh food sources. Learning food skills from elders and family members is very important for your health if you live in a rural community.

Some people live in places where safe drinking water is not available. This is a limitation that cannot be overcome by people on their own. It is unjust for some people to have clean water and for others to not have it because it is an essential resource for everyone in order to live. We need to contact our governments and be involved in creating better social changes so that everyone can have access to clean drinking water.



Describe 3 ways that you can get more value for your money on food.

1)

2)

3)

Describe 3 ways that you can eat healthily if fresh foods are difficult to get.

1)

2)

3)

In what situation would people have difficulty accessing food?

What can we do about people who don't have safe drinking water?
