

Day of Science and Service

May 8, 2014

On May 8, 2014, be a scientist for the day! Create a buzz. Get outside, record your observations, share your pictures and tell us what's happening in your community. Join the University of California in a one-day statewide science project and tell us what you see. Your answers will help build a healthier future for you and your community. Explore further at beascientist.ucanr.edu

Where is food grown in your community?

Nutritious food is an essential part of healthy growth and a healthy lifestyle. What we eat greatly influences how we feel and how happy we are.

Nearly every community in California contributes in some way to food production, from large farms to backyard gardens. But even though California is the #1 agricultural state in the country, many residents feel far removed from their food sources, often not even recognizing them in their own backyard.

With demand for food supplies increasing, it's becoming more important for all of us to recognize exactly where (and what) fresh food is being grown.

Lend a helping hand.

On May 8, 2014 we're asking you to let us know where food is grown in your community.

Do you grow your own? Do you live in the heart of the Central Valley and regularly drive past acres and acres of farms? Or, does your neighbor or school have a garden?

Visit beascientist.ucanr.edu to learn more about this project and record your observations.

The Facts

- California farm revenue in 2011 totaled \$43.5 billion.
- Number of crops grown in California: more than 400.
- USDA MyPlate recommends that you fill 50% of your plate with fresh fruit and vegetables.
- 56% of children 9–11 years old eat fewer than 5 servings of fruit or vegetables daily.
- A diet low in fruit and vegetables is associated with poor health conditions, including obesity.
- 34% of 5th graders in California weigh enough to be identified as at health risk, according to the 2013 California Physical Fitness Test.
- For every dollar invested in a backyard garden, the gardener gets \$7.50 worth of food in return.
- More than 1,200 school, community, and demonstration gardens in California are managed by UC Master Gardeners.





Where is food grown in your community?

On May 8, 2014, be a scientist for the day!

Mark our California food map with sites where food is grown in your neighborhood. The data you contribute will help create a listing of food sources across the state.

Build a food-secure future for *you and your community* in six simple steps:

STEP 1

On May 8, 2014, find a garden, farm, or aquaculture system near where you live or work.

STEP 2

Go online and visit the map at beascientist.ucanr.edu/food

STEP 3

Enter your ZIP Code or zoom to your current location on the map.

STEP 4

Click the location of a local garden, farm, or aquaculture system on the map.

STEP 5

Fill in the online form (*sample at right*) to tell us where your food comes from.

STEP 6

Attach a photo if you have one!

Sample web form

Email:

Age range:

- Decline to state
- Under 13
- 13-17
- 18-29
- 30-59
- 60 and over

This spot marks a

- Home garden
- Community garden
- School garden
- Farm 300 acres or less
- Farm 300 acres or more
- Aquaculture system

What grows here?

- Fruit
- Vegetables
- Other _____

How do you get most of your food?

- Directly from the garden or farmer
- From a store
- From restaurants or fast food
- Community Supported Agriculture (CSA)
- Farmers Market
- I don't know

