

Food Resiliency through Seed Saving Handout

Name _____

What does food resiliency mean to me?

What does my ideal food system look like?

Reflect on your favorite meal for 5 minutes. Share with a partner.

What does my local community food system look like? Would you change anything?

How would growing my own food change my local community food system?

What do I need to feel more secure in my food system? What could I do to make my ideal food system into a reality?