



Anthropology 104

100 Mile Diet Challenge

Anthropologists know that the best way to understand something is to live it, which generally requires extensive fieldwork. This develops empathy, an insider's perspective, and a more complex understanding of whatever element of culture one is studying. To make you think about globalization, economics, subsistence patterns, and food security, I offer up the following challenge:

Prepare and eat ONE MEAL (not a snack!) that consists of items that originate from within a 100 mile radius of your home. All ingredients must originate from within this zone. Then write a short (approximately 3 pages double spaced) summary and commentary of the meal and the challenge in general. I want to know what the meal consisted of, and where each item was produced. Also do a rough calculation of the average food miles required to bring the food for your meal from production point to your table. Present this calculation in a table box like the one below at the end of your assignment.

Average food miles for the meal:	
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In your discussion please consider how this affects your lifestyle (if at all), long term challenges beyond a single meal, broader implications of the challenges you may have encountered, and what this hands on approach has taught you.