

Soup's On!

Educational Kit

Elementary & High School

Developed in the spirit of the school reform, *Soup's On!* is an educational kit that explores responsible eating.

Responsible eating is about making healthier, more ecological and more just food choices.

What is in the Kit?

This multidisciplinary kit proposes **17 complete and hands-on activities** that focus on our food choices and their related impacts on our health, our environment and the vitality of our local farms.

The kit offers:

- Three activities per cycle;
- Engaging and ready-to-print appendices for students;
- A list of complementary resources to discover;
- Concrete actions to become more enlightened and responsible consumers;
- Many multimedia references.

**A DYNAMIC WAY
TO EXPLORE
ECOLOGICAL &
RESPONSIBLE EATING!**

Educational Objectives

- To strengthen ties between students, food and local agriculture;
- To help students understand the impacts of the food choices that they make;
- To inspire students and provide them with the tools they need to make more healthy, ecological and just food choices that stimulate local economy.

Get your own Copy

To **download** the educational kit, free of charge, look for the image shown on the right on the *Responsible Eating* page of our website :

www.equiterre.org/agriculture/alimentation/index.php.

To **order** the educational kit on CD (5\$/CD), please visit our virtual boutique:

www.equiterre.org/en/outils/boutique.php.

*Originally published in French, the educational kit is also available under the name **À la soupe!***



Soup's On !

The educational kit is part of the pilot project named *Soup's On! Promoting Responsible Institutional Eating*. Initiated in 2007, this project aims to introduce notions of environment, health, and solidarity in the menus of health and education institutions by linking them with local farms and by offering educational activities.

For their generous contribution, special thanks to:



Agence de la santé
publique du Canada

Public Health
Agency of Canada



FONDS D'ACTION
QUÉBÉCOIS POUR LE
DÉVELOPPEMENT DURABLE

Partenaire financier

