



Local Food Hero Instruction Sheet

1. Find your local food hero

- Finding your local food hero may be easier than you think! A local food hero could be teaching you about local food, growing/harvesting/hunting/fishing food, cooking local food, processing local food, or moving local food from one place to another (distribution). It could be someone in your community that is any of the following:
 - Farmer
 - Fisherman
 - Hunter
 - Chef
 - School Food Service Staff
 - Processor
 - Community Member
 - Gardener
 - Distributor

2. Gather Information

- Person's name, business name, picture of the food hero, and where they work.
- Quote from the food hero about their passion for their work.
 - Why local is important to them,
 - Their favorite part of their job, or
 - The most important thing about their contribution to local food use.
- Interesting facts about them and their operation:
 - # of years in Alaska doing local food work.
 - Which generation are they doing/running the business or related efforts.
 - What local food or contribution do they have (i.e. they grow vegetables, they process fish, etc.).
 - An interesting or amazing fact about them or their operation (i.e. grow the most in the state, caught the largest fish in 1978, and hosted the most all local food meals in 2010).

3. Plug in the information

- Use our template to enter all the information and pictures into the document.
- Have fun with it and make any changes you want to make it look good!

4. Share the resource

- Print out the poster and use it in the classroom.
- Laminate a poster for the school cafeteria.
- Send it to the AK Farm to School Program so we can share it state-wide. Send to: Johanna.herron@alaska.gov.