



Objectives:

- To have participants identify foods they most often include in their diets as food choices for themselves and their family.
- To have participants consider annual food patterns and selections, based on season or cultural traditions.

Instructions:

1. Individually, in the center darker circle, draw pictures or write the names of three to ten foods that are most often included in meals, in the home, or consumed away from home by yourself or your family.
2. Individually, divide the outside, lighter colored circle into section by season (4) or month (12), or MOON (13). Label each section (specific season, month or moon). **Within each labeled section write specific foods consumed, gathered, hunted, purchased, preserved, grown, etc. This shows your personal annual foodway calendar** (Examples: **In each month** – pick up commodities at FDP or SNAP, **Each month** shop at Walmart, Sam’s Club or large grocery store; **Fall or November** – deer hunt or butcher; **Spring (Easter)** – eggs; **December or Winter** – Homemade stews, specific candy or cookies, lefsa; **Spring/Summer or May, etc.** – Pow Wow vendors, watermelon, plant garden (name vegetables), gather native plants; **July and August** – pick berries, make sauerkraut, dry or can produce and jams, etc.; **September, October, Fall** – pick potatoes, squash, pumpkins and corn; pumpkin pie).

