

Sustainable Salsa Recipe and Learning Activity

This tool has been adapted from “Teaching Food Systems and Sustainability in Nutrition Education and Dietetic Training: Lessons for Educators” ([Harmon et al., 2013](#)) and more recipes available from [Inhabit](#). It is an introductory-level activity to get students or clients thinking about sustainability in a hands-on way. It is always easier to talk over food!

- Role: Dietetic Educator; Community
- Activity: Education
- Region: Adaptable (change recipe)

Objective: To teach students about sustainability through local and season foods and provide an easy and sustainable recipe

Materials needed:

*Note: use local produce!

- 4 medium tomatoes, seeded and diced
- 2-3 jalapeno peppers, seeded and minced
- 1 medium red onion, finely chopped
- 4 tablespoons chopped fresh cilantro
- 2 cloves of garlic, minced
- 1-2 teaspoon salt
- 1/2 teaspoon pepper

Clean materials:

- Cutting boards
- Measuring spoons
- Cutting knives
- Large bowl to mix ingredients
- Mason jar or reusable container to store salsa

Instructions:

- Cut and prepare tomatoes, peppers, onions, cilantro, and garlic as listed
- Combine in a large bowl
- Add spices and combine

Discussion:

1. Have participants think about and discuss how seasonal and local foods could be utilized and beneficial to sustainability (i.e., how does purchasing local foods impact our economy? Our communities? our environment?)
2. Discuss barriers and challenges of accessing and using local foods (i.e., Does the audience have access to stores or markets to purchase local food? Is the audience able to prepare and store these foods?). Brainstorm ways to address these.
3. Discuss what foods are local and seasonal in your location. What other recipes could be made using seasonal, local and sustainable.

