

**TRACE YOUR BREAKFAST - Please check off all items your routinely eat!**

Check	Item	Origin
	Eggs	Maybe local farm. Iowa, Ohio, and Indiana are the top three egg-producing states. Most conventionally raised eggs are sent to a central distribution plant before going on to market.
	Cereal, Toast, Pancakes, Waffles etc...	Grains from Midwest/West. About 2/3 of US wheat production comes from the Great Plains (Texas to Montana)
	Milk or Yogurt	From local dairy, or California or Wisconsin
	Oranges	Florida or California
	Bananas	Central America
	Apples	Locally in-season, Washington is top producer in US, maybe Chile or New Zealand
	Bacon, Sausage	Local farm or Midwest (Iowa has 25% of U.S. hog farms)
	Syrup	Maple Syrup from NE US or Eastern Canada
	Butter	From local dairy, or California or Wisconsin
	Peanut Butter	Peanuts from Georgia, US South/Southeast
	Sugar	From Caribbean/Latin America
	Tea	India is world's top producer. China, Sri Lanka, and Japan are all major producers.
	Coffee	Probably Latin America. Brazil is the world's top producer. Colombia, Mexico and Guatemala in top 10. Possibly Indonesia or Vietnam, also top producers.
	Honey	China is world's largest honey producer. Argentina is top exporter, sent over 2/3 of its honey to the U.S.
	Salt	U.S. produces lots of salt, but not for consumption (mostly for roads). Table salt is primarily imported from Canada and Chile
	Chocolate	Western Africa (Ivory Coast is top producer) or Latin America

Thank you for participating – Please check out the Island Grown Initiative Display to learn more!

The FARM Institute Food Investigation Team

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