

Write down a score for 3 main meals per day for each day of the Seven Day Eat Local Challenge. For each meal, give yourself:

2 points – If ingredients were included that were grown or produced within the Caledon area (Caledon, Headwaters, Peel, etc.), or if you ate a featured local meal at one of the participating Caledon venues.

1 point – If Caledon-produced ingredients were not included, but the meal did include ingredients grown or produced within Ontario.

0 points - If neither Caledon nor Ontario-produced ingredients were included.

The max total for each day is **6 points**.

Day & Meal	Score (0-2)	Write down the local food that was included in this meal, as well as the name of the farm/producer, food retailer, or restaurant if applicable.
e.g. Monday Meal #2	2	e.g. tomatoes (Van Dyken Bros. Farm); beef (Broadway Farms); bread (Ray's Bakery); milk (Steen's Dairy); apples (Albion Orchards)
DAY 1: Friday, September 17th		
Meal #1 (Breakfast)		
Meal #2 (Lunch)		
Meal #3 (Dinner)		
Total Score for Day #1		
DAY 2: Saturday, September 18th		
Meal #1 (Breakfast)		
Meal #2 (Lunch)		
Meal #3 (Dinner)		
Total Score for Day #2		
DAY 3: Sunday, September 19th		
Meal #1 (Breakfast)		
Meal #2 (Lunch)		
Meal #3 (Dinner)		
Total Score for Day #3		

Name:
 Email:
 Phone:
 Number of participants:

DAY 4: Monday, September 20th		
Meal #1 (Breakfast)		
Meal #2 (Lunch)		
Meal #3 (Dinner)		
Total Score for Day #4		
DAY 5: Tuesday, September 21st		
Meal #1 (Breakfast)		
Meal #2 (Lunch)		
Meal #3 (Dinner)		
Total Score for Day #5		
DAY 6: Wednesday, September 22nd		
Meal #1 (Breakfast)		
Meal #2 (Lunch)		
Meal #3 (Dinner)		
Total Score for Day #6		
DAY 7: Thursday, Sept 23rd		
Meal #1 (Breakfast)		
Meal #2 (Lunch)		
Meal #3 (Dinner)		
Total Score for Day #7		
Total Score for the Week:		