



Where Do Nuts and Seeds Come From?

OBJECTIVE

Understand the **origin of nuts and seeds**, the path to the consumer and reflect on more **informed, sustainable and conscious choices**.

YOUR MISSION

Choose a **nut or seed** that you have at home or that you regularly consume and investigate its origin.

Step 1 – Identify the food

- Chosen food: _____
(e.g. almonds, walnuts, hazelnuts, cashews, pumpkin seeds, flaxseeds)
- Type: ☐ Dried ☐ Fruit Seed

Step 2 – Verify the source

Check the **packaging** or the place of sale and record:

- Country of origin: _____
- Region (if indicated): _____
- Consumption: ☐ Raw ☐ roasted ☐ with salt ☐ other _____

Step 3 – Near or Far?

Reflect on the distance travelled:

- Do you think it came from **near** or **far**?
- Is it a **locally produced** or imported food?
- Do you know of any alternative closer?



REFLECTION:

Step 4 — Conscious Choice

Tick what applies:

- Local/national origin
- European origin
- Origin outside Europe

FINAL REFLECTION

It answers the following questions:

1. What advantages can you have by choosing nuts or seeds of **closer origin**?

2. Does the origin influence the way you consume this food (quantity, frequency, type)?

FOODWISELAB TIP

Nuts and seeds are **nutritious and energetic** foods, but many come from far away. Whenever possible, choosing options of **national or European origin** helps to reduce transport and value local production.