

A Sustainable Living Discussion Group

Have you ever thought about where our food comes from or how far it travels? Do every day choices about what we eat have an impact on the environment, the economy or our health?



The choices people make every day around what to eat are far reaching. The Utah House is offering a discussion course intended to promote dialogue where participants can learn from themselves and from each other about our role in the global food market.

The group will meet weekly in an informal setting at the Utah House to discuss and reflect on readings taken from the Northwest Earth Institute's *Menu For The Future* course book. This is a great way to make new friends and learn more about food and the food systems we depend on.



Menu for the future discussion group will meet every Wednesday from 7-8pm for eight consecutive weeks.

February 10 - March 31

Cost for the course book is \$23

To register please call 801-544-3089