

## GOOD STEWARDSHIP POTLUCK SCORECARD

Name \_\_\_\_\_ Dish \_\_\_\_\_

INGREDIENTS	IN SEASON PRODUCE +.2	LOCALLY GROWN +.2	HOME GROWN +.1	FAIR TRADE +.2	ANIMAL PRODUCT / ANIMAL RESPECTED +2	ORGANICALLY OR SUSTAINABLY GROWN +1	PURCHASED AT LOCAL FARMERS' MARKET +1	OUT OF SEASON PRODUCE -1	MEGA FOOD MILES, FROM OUTSIDE NAFTA -2	ANIMAL PRODUCT: STANDARD MASS FARMING -2	PLUS	MINUS	SCORE
1													
2													
3													
4													
5													
6													
7													
8													
9													
<b>POINT TOTAL</b>													
<b>POINT TOTAL DIVIDED BY NUMBER OF INGREDIENTS = Stewardship Average</b>													
Transportation big bonus: Biked, walked, or took public transportation to store = + .1													
Transportation small bonus: Drove hybrid vehicle or motorcycle to the store = + .05													
Eco-shopping bonus: Used reusable shopping bags = + .1													
Recycled packaging materials of ingredients = +.1													
<b>GRAND TOTAL</b>													

If you have more than nine ingredients, use a second page of the scorecard.

## SAMPLE GOOD STEWARDSHIP POTLUCK RULES

### COMPETITION CATEGORIES:

Category **A**: 1-4 ingredients

Category **B**: 5 or more ingredients

### RULES:

- Host or group consensus defines what qualifies as local.
  - Score every ingredient, including salt and pepper.
  - In-season bonus only applies to fresh produce, raw or cooked (e.g. wine and canned items do not count).
  - Home grown ingredients get double points: both locally grown plus a home-grown bonus point.
  - “Animals Respected” includes:
    - o **free-range**-raised
    - o dolphin-friendly-tuna
    - o raised hormone-free
    - o animals fed their **natural diet**, e.g.
      - grass-fed, pasture-raised cows
      - non-vegetarian-raised chickens\*
- \*[chickens are not vegetarians, their natural diet is grubs, worms, and some corn, not grains alone]*