

## GOOD STEWARDSHIP POTLUCK SCORECARD -- sample

Name Noah Steward Dish Roast Beef with Garlic Potatoes\*

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 sustainably grown potatoes	2	2				1	1				6		+6
2 butter, free range grass fed					2	1					3		+3
3 garlic								1				1	-1
4 fresh thyme			1			1							+2
5 salt									2			2	-2
6 black pepper				2					2		2	2	
7 beef stock, organic free range					2	1					3	3	+2
8 free range beef					2						2	2	+2
9													
<b>POINT TOTAL</b>													<b>12</b>
<b>POINT TOTAL DIVIDED BY NUMBER OF INGREDIENTS = Stewardship Average</b>										<b>1.5</b>			
Transportation big bonus: Biked, walked, or took public transportation to store = + .1										.1			
Transportation small bonus: Drove hybrid vehicle or motorcycle to the store = + .05													
Eco-shopping bonus: Used reusable shopping bags = + .1										.1			
Recycled packaging materials of ingredients = +.1										.1			
<b>GRAND TOTAL</b>													<b>1.8</b>

\* For full recipe see the cookbook *A Cook's Bible: Seasonal Food* by Susannah Blake, 2007