



Entrance Panels

**Think! Café**  
 ECHO at the Leahy Center  
 for Lake Champlain  
 Spring 2008



Recycle and Tray Station



Mural w/ Detail



Exhibit Panel



Healthy

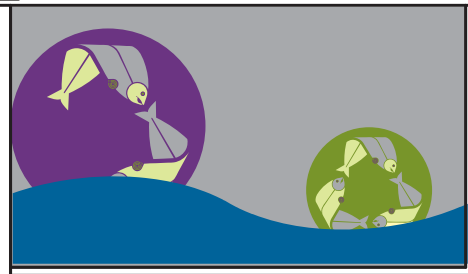
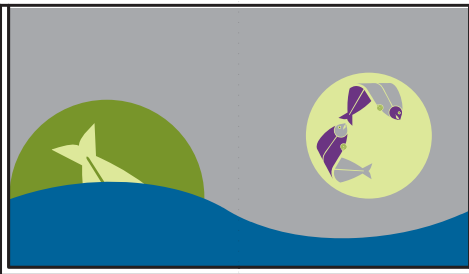
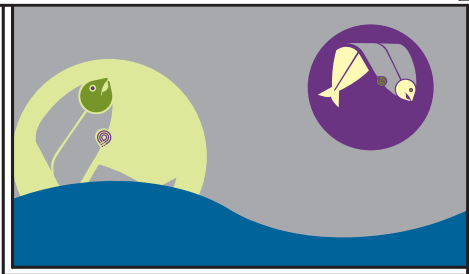
Fresh

Tasty

Seasonal

Local

Natural



# Think!

Café

**Think!**

If just 10% of purchases were shifted to locally grown foods, \$130 million could be added to Vermont's economy.



Buying local benefits growers, like youth from the Intervale Center's Healthy City program (left, below) by planting dollars back into the community. Local food tastes fresher since it is often sold within 24 hours of being picked and it uses less fossil fuel to transport. By shopping at a farmers market, you can even meet the people who grew your dinner!

**Local foods grow on you**

**The A, B, Cs of local foods**

Although the growing season is only 150 days, the Champlain Valley's fertile soil produces an abundant and diverse harvest. From asparagus to zucchini, a wide variety of fruits and vegetables grow during the warmer months. More local foods such as turkey, milk, cheese, eggs, meat, beans, grains, apples, and maple syrup are available year-round.



**Champlain Basin Harvest Calendar**

	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER
Apples				██████████	██████████	██████████
Asparagus		██████████				
Beets		██████████	██████████	██████████	██████████	██████████
Blueberries			██████████	██████████		
Broccoli		██████████	██████████	██████████	██████████	██████████
Cantalopes				██████████	██████████	
Carrots				██████████	██████████	██████████
Corn			██████████	██████████	██████████	██████████
Cucumbers			██████████	██████████	██████████	
Eggplant			██████████	██████████	██████████	
Green Beans		██████████	██████████	██████████	██████████	██████████
Lettuce		██████████	██████████	██████████	██████████	██████████
Onions				██████████	██████████	██████████
Peas		██████████	██████████			
Peppers			██████████	██████████	██████████	██████████
Potatoes				██████████	██████████	██████████
Pumpkins				██████████	██████████	██████████
Raspberries					██████████	██████████
Rhubarb	██████████	██████████	██████████			
Spinach		██████████	██████████	██████████	██████████	██████████
Strawberries		██████████	██████████			
Tomatoes			██████████	██████████	██████████	██████████
Watermelon					██████████	██████████
Winter Squash					██████████	██████████
Zucchini			██████████	██████████	██████████	██████████

**ECHO Think Café**

Panel 1  
18" x 36" + 10" bubble

03.21.08

Nicole Ballinger



Play with your food at ECHO!

What's leftover? Trash!  
Go weigh your waste.



Food and paper napkins  
to compost



Think!  
Sort your snack,  
lunch or drink  
by how you will  
throw it away.

Glass (empty) to recycle



Plastic #1-#7 (empty) to recycle



Metal (empty) to recycle



Paper/paper boxes (no food)  
to recycle



Recycle. A healthy planet starts with you!

Recycle. A healthy planet starts with you!

Play with your food at ECHO!

**ECHO Think Café**

Tray 1 - Sort  
16" round

03.14.08

Nicole Ballinger



LC 02



LC 03



LC 16

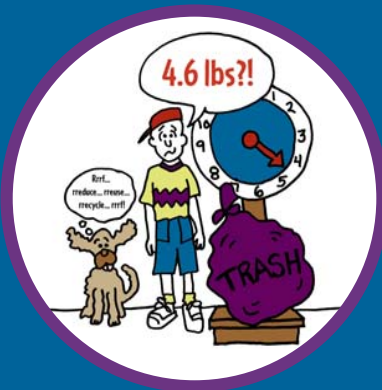


LC 22

# try this

## How much trash are you adding to the landfill?

- Recycle and compost all that you can.
- Put your trash carefully on the scale.
- Read the weight from the scale.
- Stick a dot in the bar that matches the weight.



The average American creates 4.6 pounds (2.6 kg) of waste daily and recycles only 1.5 pounds (.7 kg) of this total. In one year that is 1,679 pounds (761.6 kg) per person—more than one dairy cow in weight!

- Remember to throw out your trash!

## Weigh station

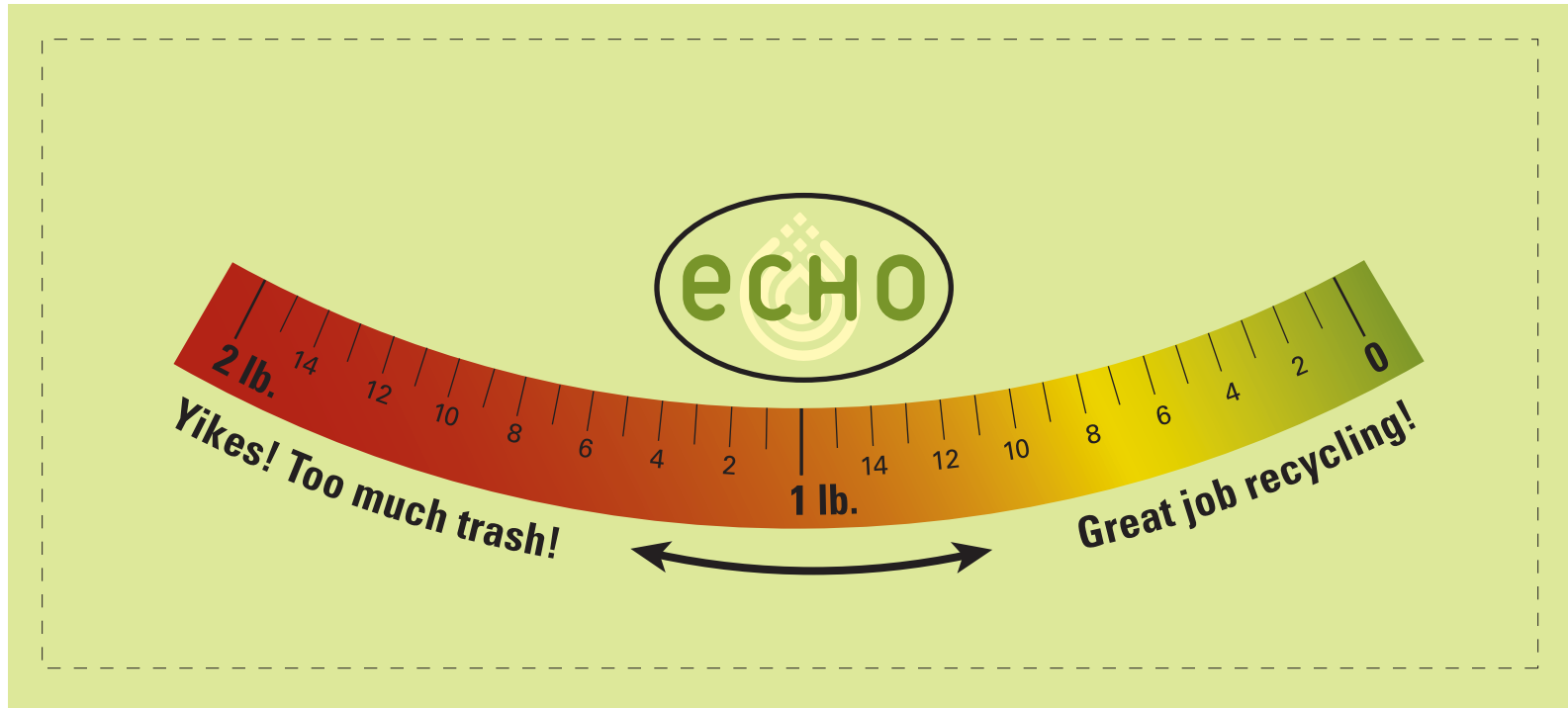
Look at the bar graph. What does it show you about what visitors throw out?

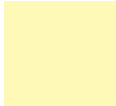

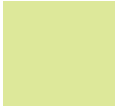


**Think!**  
Challenge family and friends to see who can make the least amount of trash in a day, a week, or a year.



0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16

16 ounces = 1 pound



<b>ECHO Think! Café</b>			
Scale face	LC 02	LC 03	LC 12
04.09.08			
Nicole Ballinger	LC 16	0-95-100-29	