



THE TRUE COST OF GOODS

HOW MUCH DOES YOUR FOOD REALLY COST?

Eten, hrana, 餐饮, ἕρμα, kos, mea 'ai, comida, jedzenie, cibo, bia, gıda, खाना, cuntada - these are just a few words used for "food". It's a basic requirement of human survival and was gathered and eaten in its wildest forms. Food shaped and sustained civilization, and farming became an occupation when humans realized they could produce much more food through cultivation and thus support communities. Agrarian societies formed and led to the introduction of tools and mechanization which culminated in the industrialized farming model we are familiar with today. Industrialized farming now supplies huge grocery conglomerates and factory processors. It is a global mega-business.

Due to recent events like the COVID-19 pandemic and the war in Ukraine, the cost of food and goods recently soared to an all-time high with [toilet paper and eggs as examples of supply chain disruptions, price gouging and market instability](#).

Eggs and toilet paper shortages are opportunities for us to learn more about the "The True Cost of Goods". What are those eggs worth and how valuable are they to you as the consumer? Will prices continue to rise? Whose fault is it for rising prices? What can we do to make sure we have food for our families? Will farmers be paid fairly for the food they produce? This series aims to answer those and other questions about the cost of the food we eat.

As you may have guessed, true costs is a complicated subject. In this series, we will attempt to understand this complex, sometimes dark, and often ignored topic. Please join us for an exploration of what the cost of food really is over the next 10 months in this column, which will lead up to an exciting workshop at the next NOFA-NH Winter Conference in February, 2024.

To get started, check out this video from Sustainable Food Trust: [A Tale of Two Chickens](#).

See you next month!