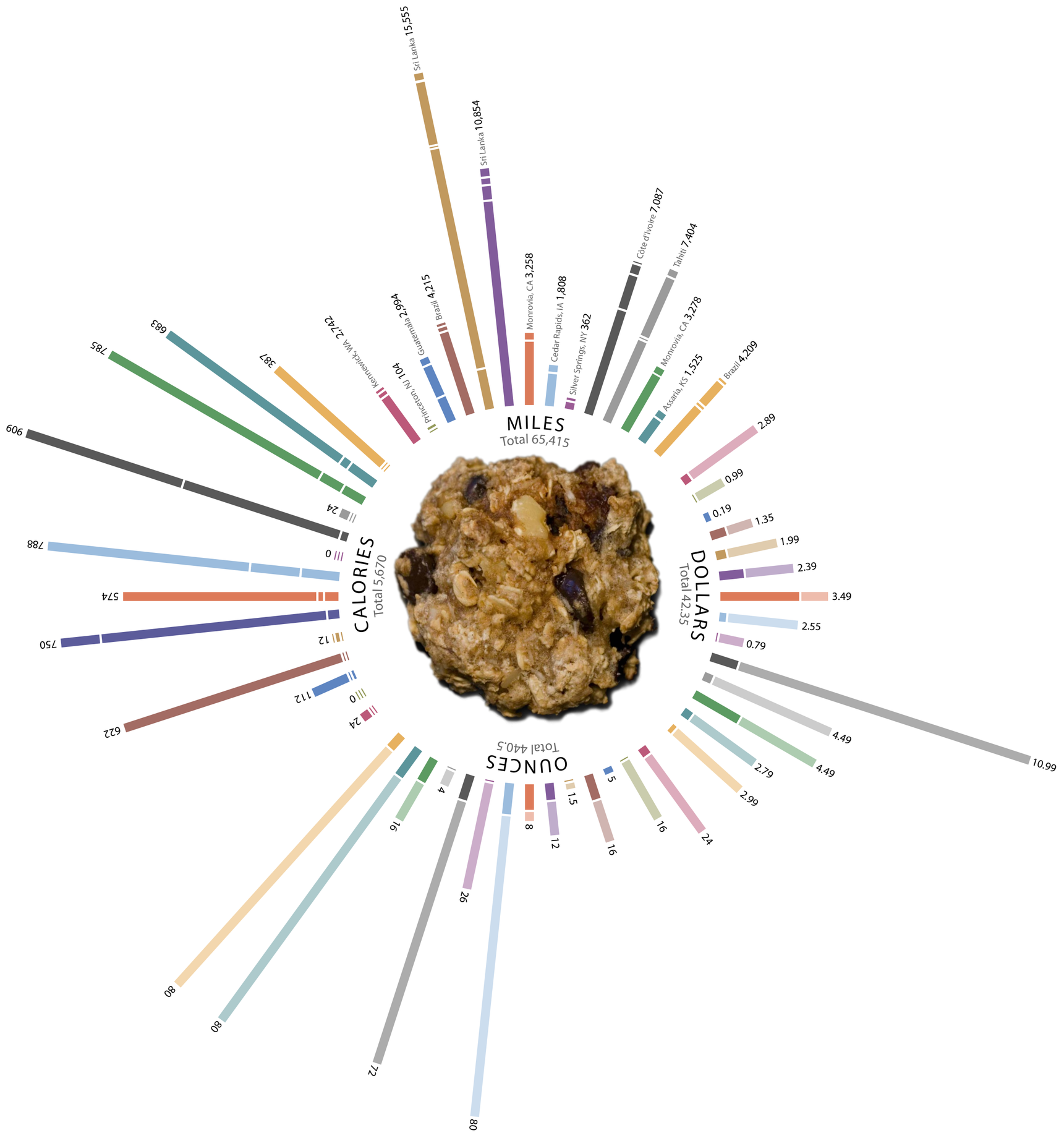

- Mott's APPLESAUCE The Fresh Grocer
- Arm and Hammer BAKING SODA Shop Rite
- Chiquita BANANA Trader Joe's
- Domino BROWN SUGAR The Fresh Grocer
- Trader Joe's CINNAMON Trader Joe's
- Whole Foods SHREDDED COCONUT Whole Foods
- Trader Joe's DRIED CHERRIES Trader Joe's
- Quaker OLD-FASHIONED OATS The Fresh Grocer
- Morton's SALT The Fresh Grocoer
- Nestlé CHOCOLATE CHIPS BJ's Wholesale Club
- Trader Joe's VANILLA EXTRACT Trader Joe's
- Trader Joe's WALNUTS Trader Joe's
- King Arthur FLOUR Shop Rite
- Domino WHITE SUGAR Shop Rite

OAT EVERYTHING COOKIES

From the World to My Kitchen to Your Mouth

Alyssa Rosenzweig

For even the simplest of recipes, considerable amounts of resources are spent to bring all the ingredients together into one, delicious item. This project was an attempt to determine how each ingredient in my Oat Everything Cookies made it from the world to my kitchen in Philadelphia to your mouth.

Sources ranged from USDA reports and grower's associations (like the American Sugar Alliance) to sea freight patterns to personal contact withlocal grocery managers, distributors and individual company representatives

Total distance traveled: 3,278
Shipping origin: Monrovia, CA
Distance between cities
MILES from Philadelphia

Total package cost: 3.49
Cost per recipe
DOLLARS per package

Total package size: 8
Amount in recipe
OUNCES per package

Total: 574
Carbohydrate
Fat
Protein
CALORIES per recipe