



Where and how our food is produced impacts the health of individuals and our environment. Public demand in the United States for low cost, convenient, and processed food in combination with farming policies that regulate food production, have led to a food system that supports large, industrial, non-diverse farms. The most prevalent method of farming in the U.S. relies on the use of inputs such as hormones, arsenic, antibiotics, pesticides, and fertilizers which may negatively impact the health of animals, farmers, consumers, and the environment. Poor nutrition is now a risk factor for four of the six leading causes of death in the U.S.: heart disease, stroke, diabetes, and cancer. Environmental, social, and economic attributes of our food system – how we produce and distribute food – are as relevant to our food choices as dietary recommendations when our health is concerned. It is our responsibility to seek opportunities to influence the food choices and purchases of our community members to support a shift toward a more nutritious and sustainable food system. *(Source: Health Care Without Harm)*

Did You Know?

- More than 61 percent of people in the Chicagoland region are overweight or obese, but not necessarily well nourished. A 2009 report found that the greater the distance to the nearest grocer, the greater the incidence of cancer, cardiovascular disease, diabetes, and liver disease, especially in African American communities.
- The average food item travels 1,500 miles in Illinois, compared to the average locally produced item that travels only 56 miles. Although food miles account for only 11 percent of the food system's greenhouse gas emissions, a reduction of food miles also reduces the impact that rising fuel costs have on food prices. *(Source: CMAP GO TO 2040 Plan)*

In order to show the implications that food choices have on our health, the health of the environment and on climate change as a whole, lead a C3 Project which supports efforts to facilitate more effective sustainable local food production and processing; increases access to safe, fresh, nutritious, and affordable foods, and raises awareness in your community. Survey your community for sustainable local food options; develop a list of grocers, farmers markets, community supported agriculture (CSA's), community gardens, greenhouses, and more that provide and sell fresh produce and local goods. Then organize a Green Health workshop to help Chicagoans understand the value of supporting sustainable local food practices and a diet rich in whole, unprocessed foods. Educate participants about the link between health, the environment, and climate change, and let them know how they can make a difference. As part of the workshop, distribute the **Healthy Food for the Environment Pledge**, a community-focused list of local sustainable food options, herb garden kits, and informational materials. Connect with participants again in a few weeks and ask them to report what changes they have made as a result of your workshop.

Timeline:

- **Project Proposal due online:** 1 week after the Community Organizing class
- **Part I: Preparation and Survey:** ~2-3 weeks
- **Part II: Workshop:** 3 hrs (1 hr set up; 1½ hr workshop; ½ hr clean up)
- **Part III: Follow Up and Tracking Environmental Benefits (1-2 weeks after the workshop):** 1-2 hrs
- **Part IV: Final Report due online:** 2 weeks after your project is complete

Materials:

- Herb garden kits
- Canvas gloves
- Reusable canvas bags
- The **Food-Climate Relationship** Brochure
- **Eat Local, Live Healthy** Report
- The **Chicagoland CSA Guide**
- **AUA: Helpful Resources for Starting an Urban Farm**
- Copies of **Healthy Food for the Environment Pledge**
- Copies of **Balanced Menus**
- Other informational brochures, guides, and maps

Part I: Preparation

~2-3 weeks

1. **Become an expert!** C3 Classes should provide you with a basic background in sustainable local food issues, but you may want to learn more before you present at your workshop. Read through this guide, including the attached **Food-Climate Relationship Brochure**, **Balanced Menus** and **Eat Local, Live Healthy** Report. Also, see below under **Additional Resources** for ideas about where to find more information.
2. **Define your project's vision and goals.** What do you hope to achieve by doing this project? How many community members do you hope will participate? What environmental benefits do you plan to achieve?



3. **Choose a community to serve.** Decide to whom you will present your workshop. Refer to your **Asset Map** for ideas.
4. **Gather a project team.** Refer to the **Building Your Project Team** worksheet in your **Project Development Workbook**.

Ways to Involve Your Project Team

- Ask your project team to help you brainstorm ideas and create an outline for your workshop. Team members can also help you create, edit, and/or practice your presentation.
 - Make a list of locations where you want to place advertisements for your workshop. Ask your team members to sign up to distribute advertising materials to some of these locations.
 - Workshops need people power to run smoothly. Sign up your team members as workshop volunteers.
 - Two people could help with a registration table making nametags, distributing handouts, and taking registration information. Be sure to make a script for your volunteers to follow so they know exactly what information to collect from your workshop attendees and why that information is collected.
 - A team member could introduce you at the workshop, help set up any AV equipment, pass out materials during your presentation, etc.
 - After the workshop, your project team could help with follow up calls, contacting participants (to make sure you have all the information you want to collect).
 - Let them know the results. Your team will definitely be interested in the success and progress of your project. Keep them informed and involved along the way.
5. **Develop a list of your sustainable local food options** by using the information provided in class and in the additional resources. Work with your project team to tour your community in search of additional options that may not be on our lists (i.e. local grocers that sell fresh produce and other goods, community and backyard gardens, etc.)
 6. **Create a basic outline for your workshop.** With the help of your project team, decide what you will do at your workshop. Here are some examples. Feel free to use these ideas, but be creative and add your own components!
 - Presentation and workshop: Created a PowerPoint presentation about the importance of eating wholesome, local sustainable foods and the impact you can make on improving the environment. After the presentation, walk participants through their local options then help them prepare herb garden kits as a first step to using sustainable local foods. Provide the resource list of local food options that you and your project team created.
 - Climate change: You can educate your community by showing a number of popular films available today, or assigning reading material, which highlight the country's current industrial food system. After conducting a viewing session at your local church, community center, or even your own home, lead a discussion about how these larger food issues are pertinent to Chicago and point out the resources that are available to Chicagoans to make a positive impact.
 - Cooking demonstration: Gather local ingredients and provide a cooking demonstration using these foods. Show participants how they can take small steps to contribute to the local food movement by addressing how these steps impact the bigger environmental picture.

Action components: Every workshop should inspire participants to action. Here are some ways to get people involved in improving sustainable local food practice:

- Ask participants to take the Healthy Food for the Environment Pledge to help them think about all of the options they have in making an environmental improvement.
- Have a list of Community Supported Agriculture (CSA) options available at the end of your event, so that participants can sign up; provide a one-page list of local farmers markets, grocers who sell fresh produce and local goods, community gardens, vegetable gardening classes, nutrition workshops, and CDPH and other health clinics to support your community members in making resourceful choices in the future.
- Provide herb garden kits to participants so that they can start eating and flavoring their local, whole food purchases at home.



7. **Find a location and set up a date and time for your event.** The venue you choose will depend on the community to whom you present your workshop. Make sure to contact the appropriate person at the venue to check availability and reserve a date and time. Confirm logistics (e.g., who will open the building/gate). Possible locations include:
 - Neighborhood community center (e.g. gym, art center, school, church)
 - Alderman's office
 - Your office
 - Condo association meeting
 - Your local Chicago Park District field house (ask C3 Staff to reserve this space)
 - Your local Chicago Public Library

8. **Order materials through your liaison.** Refer to your Material Checklist in your Project Proposal.
 - Confirm with your C3 liaison final quantities of each material requested and the address where materials should be shipped. Note: Some materials will need to be picked up at the Chicago Center for Green Technology, 445 N. Sacramento Blvd.
 - Remember, materials can take up to 3 weeks to arrive after C3 orders them so **plan ahead!**

9. **Advertise.** Make sure to use the newsletters, listhosts, bulletin boards, etc. that serve your community and/or your venue. You might also advertise using:
 - Community newspapers and newsletters
 - Aldermen's newsletters
 - Signs at your location (e.g., community center, office, etc.)
 - Signs/booth at neighborhood events

Make sure to put your contact information on all advertisements. Consider asking people to RSVP so you know in advance how many people to expect.

10. **Prepare for your workshop.** Gather supplies, create handouts and plan your presentation.

Part II: Workshop

3 hours: 1 hour set up, 1½ hour workshop, ½ hour clean up

Put all your planning and preparation to work! Make sure to:

- Get there at least 15 minutes early to set up.
- Have a sign-in sheet ready to go. Let participants know that you will contact them in ~1-2 weeks to track what changes they've made and to see if they have follow-up questions.
- Provide nametags and make sure people introduce themselves.
- Ask for questions and feedback at the end of the workshop.
- Take pictures!

Part III: Follow-Up and Tracking Environmental Benefits (1-2 weeks after the workshop):

~1-2 hours

1. **Follow-up with participants.** A few weeks after your workshop, contact your participants to track environmental benefits. We suggest that you either call or send each participant a short survey. For example, you could ask:
 - Whether/how much people are using the local farmers market or community support agriculture (CSA).
 - How their herb garden has progressed and how they are using it to flavor whole, unprocessed foods from their local grocer.
 - What participants found out from using the resources you provided at your event.
 - If appropriate, whether participants have noticed any changes in their health or the way they look at food.
 - What other changes participants have made in their lives as a result of your workshop.



2. **Calculate environmental and community benefits.** Based on your workshop and participants' survey responses, estimate the benefits of your project. Be sure to include:
 - How many people participated in your workshop.
 - How many herb garden kits you handed out.
 - A description of how much whole, unprocessed and local food participants have grown/bought/cooked as a result of your training.
 - Any publicity you received (e.g. 1 community-paper write-up about your project)
3. **Compare your results to your project's vision and goals (see Part I, step 2 above).** Did you achieve the results that you hoped for?

Part IV: Turn in Final Report

Within 2 weeks of project completion

As soon as you've calculated the environmental benefits, please fill out your **Final Report** online. Corresponding materials such as digital photographs, outreach flyers or posters, press releases, or news clippings should be emailed to conservation@cityofchicago.org.

Additional Resources

Urban farm and food projects (Source: Advocates for Urban Agriculture):

- Advocates for Urban Agriculture (AUA) Site List and Project Inventory: <http://groups.google.com/group/advocates-for-urban-agriculture>
- Advocates for Urban Agriculture (AUA)'s blog: <http://auachicago.wordpress.com>
- Chicago Food Policy Advisory Council: www.chicagofoodpolicy.org
- One Seed Chicago: www.oneseedchicago.com
- Neighbor-Space: <http://neighbor-space.org/main.htm>
- Green Net Chicago: <http://www.greennetchicago.org/chicago.htm>
- Chicago Park District Urban Agriculture Sites: www.cpdit01.com/resources/community_gardens/index.html
- Chicago Farmers Markets: www.explorechicago.org/city/en/supporting_narrative/events_special_events/special_events/mose/chicago_farmers_markets.html
- Fresh Taste's Good Food for All Blog: <http://www.freshtaste.typepad.com/>
- Illinois Stewardship Alliance: www.ilstewards.org
- Family Farmed: www.familyfarmed.org
- The Local Beet, 2011 Community Supported Agriculture Guide: www.thelocalbeet.com/2011/02/22/2011-csa-guide/
- Chicago Rarities Orchard Project (CROP): www.chicagorarities.org
- Mobile Food Collective: <http://mobilefoodcollective.wordpress.com/>
- Fresh Moves Mobile Food Market: <http://freshmoves.org/>
- Know Your Farmer, Know Your Food: www.usda.gov/wps/portal/usda/knownyourfarmer?navid=KNOWYOURFARMER

Health Resources:

- Chicago Department of Public Health: www.cityofchicago.org/city/en/depts/cdph.html
- Consortium to Lower Obesity in Children (CLOCC): www.clocc.net
- Healthy Schools Campaign: www.healthyschoolscampaign.org
- Eat Local, Live Healthy: www.leadershipforhealthycommunities.org/index.php?option=content&task=view&id=243
- Hunger and Environmental Nutrition: <http://hendpg.org/>

Climate change:

- Pew Center on Global Climate Change: <http://www.pewclimate.org/>. An informative, reliable source for climate change information.
- "How to Talk to a Climate Skeptic:" <http://gristmill.grist.org/skeptics>. A comprehensive series of articles from Grist, the environmental news and commentary website.

Chicago Advocates for Urban Agriculture

Helpful Resources for Starting an Urban Farm

Getting Started

Check out and consult with existing urban farms and farmers in Chicago and in other cities.

- **City Farm:** City Farm is a sustainable organic farm bordering two very diverse Chicago neighborhoods: Cabrini Green and The Gold Coast. Resource Center, www.resourcecenterchicago.org, Clybourn and Division, Chris Anderson at (773)398-3451 cityfarm@resourcecenterchicago.org
- **CSA Learning Center:** empowers people to create sustainable communities through educational opportunities offered in partnership with Angelic Organics farms and other urban gardens. Chicago Office, www.csalearningcenter.org, Rasha Abdulhadi, rasha@csalearningcenter.org 773.288.5462
- **Garfield Park Conservatory Alliance:** The Garfield Park Conservatory Alliance strengthens community through the unique combination of the Garfield Park Conservatory Campus, other botanical resources, and the engagement of community members. www.garfieldconservatory.org, 300 North Central Park Ave. Chicago, Illinois 60624-1996 (773) 638-1766
- **Growing Home:** Growing Home is a non-profit enterprise serving homeless and low-income people through a transitional employment program in the organic farming business. www.growinghomeinc.org, Harry Rhodes, 312.435.8601, info@growinghomeinc.org
- **Growing Power:** Growing Power is a nationwide nonprofit organization and land trust supporting people from diverse backgrounds and the environments they live in through the development of Community Food Systems. These systems provide high-quality, safe, healthy, affordable food for all residents in the community. www.growingpower.org, Erika Allen, erika@growingpower.org, 414.527.1546
- **Sweet Beginnings/Bee Line:** An Urban Honey Transitional Jobs Initiative as a strategy for providing local employment for formerly incarcerated individuals and other low-income North Lawndale residents, and for promoting community economic development. www.nlen.org/sweet.html

Courses:

- **Building Urban Gardens (BUGs):** course on urban organic gardening and design, Openlands, <http://www.openlands.org>, 312.863.6270
- **Farm Beginnings:**
 - **Northern IL, Southern WI:** CSA Learning Center and Stateline CRAFT. www.csalearningcenter.org/farmbeginnings.html, Parker Forsell, craft@csalearningcenter.org , 815.389.8455
 - **Central and Southern IL:** The Land Connection and University of IL Extension, <http://www.farmbeginnings.uiuc.edu/> , Terra Brockman, terra@mtco.com, 309-965-2407 or 309-678-2672
- **CRAFT monthly field days:** on-farm trainings offered once a month April-October and coordinated through CSA Learning Center, Parker Forsell, craft@csalearningcenter.org 815.389.8455
- **University of Illinois Extension – Master Gardener Program:** Ron Wolford, 773-233-0476, rwolford@uiuc.edu <http://web.extension.uiuc.edu/chicago/mg/index.html>
- **Workshops at Growing Power in Milwaukee:** Growing Power has extensive training facilities. These include seven large greenhouses, a kitchen, indoor & outdoor training gardens, aquaculture system and a

food distribution facility. Animals at the facility include worms, fish, rabbits, bees, goats, chickens and ducks. www.growingpower.org, 414.527.1546

Marketing

- **Chicago's Green City Market:** Their mission is to improve the availability of a diverse range of high quality foods, to connect local producers and farmers to chefs, restaurateurs, food organizations and the public, and, to support small family farms and promote a healthier society. www.chicagogreencitymarket.org
- **City of Chicago – Mayor's Office of Special Events:** this office sponsors about 30 farmers markets scattered around Chicago. Ron Salazar is responsible for farmers markets. (312) 744-3315
- **Farm Forager – Mari Coyne:** Chicago's Green City Market and the Mayor's Office of Special Events have hired a farm forager to improve the City's farmers markets. 847.830.8948, farmforager@yahoo.com
- **Familyfarmed.org:** website, food label, and EXPO that supports Midwestern organic farmers by connecting them with consumers and commercial buyers. FamilyFarmed.org creates sustainable economic development, builds community, and contributes to a healthy environment by encouraging people to buy food from local producers. www.familyfarmed.org
- **HomeGrown Chicago:** Independent neighborhood farmer's market featuring locally grown produce from neighborhood community gardens. Runs July 8, 2006 through November 4 at 2626 W. Division Street in Humboldt Park. Contact Miguel Morales or Anita Rico at the Puerto Rican Cultural Center – 773-278-6737
- **Illinois Farm Direct:** Farm Direct helps you find fresh, locally grown food by connecting you directly with Illinois farmers. There is a website and a booklet. www.illinoisfarmdirect.org
- **Local Harvest:** Maintains a national directory of small farms, farmers markets, and other local and sustainable food sources. www.localharvest.org
- **Restaurants:** See chefs and restaurants listed on Chicago's Green City Market's website. www.chicagogreencitymarket.org. These chefs purchase produce directly from local and sustainable farms.

Technical Assistance

- **Alderman:** Neighborhood city council members can be allies in securing and retaining green space and urban agriculture plots in Chicago. Call 311 to find your alderman's contact information.
- **CSA Learning Center,** Chicago Office, see above for contact information.
- **Garfield Park Conservatory Alliance,** see above for contact information.
- **GreenNet** – A coalition of committed to serving as a clearinghouse for information about greening in Chicago and to developing joint efforts to improve the quality, amount, use, and wide geographic distribution of sustainable, green open space in the City of Chicago. Maintains a calendar of events www.greennetchicago.org.
- **Growing Power,** Chicago and Milwaukee, see above for contact information.
- **Neighborspace** – Offers assistance to urban gardens in securing urban land and liability coverage, and preserving urban green space. www.neighbor-space.org

□ **Openlands:** is dedicated to preserving and enhancing public open space in northeastern Illinois. Urban greening programs include BUGs, Green Teacher Network, GardenKeepers (community garden volunteer support network), and TreeKeepers. Provides information and materials on how to start community garden projects. www.openlands.org

□ **Resource Center** – compost is available for purchase from the Resource Center. For more info, call (773)821-1351.

□ **Sources for soil testing:**

□ **A&L Great Lakes Lab**, 3505 Conestoga Dr, Fort Wayne, IN 46808. 260.483.4739

□ **STAT Chicago Technology Park, 2255 W. Harrison St. , Chicago, IL 60612** 312/733-0551, FAX: 312/733-2386 STATinfo@STATAnalysis.com, www.STATAnalysis.com

□ **North Lawndale Greening Committee** – Velma Johnson, President. Gardening and Community Gardening as well as urban farming organizations in Chicago’s NL neighborhood

□ **Lake Street Supply Co.** 1810 W Lake Street Chicago, IL 60612 312-226-0760
Leaf or Mushroom Compost \$ 26 Garden Mix Soil \$ 34 Delivery fee \$60

□ **Chicago Department of Real Estate** - 312/744-LAND – for information on landownership in Chicago

Helpful Publications & Organizations

□ **Growing for Market** – “journal of news and ideas for market gardeners” www.gowingformarket.com

□ **Conscious Choice** - “*Conscious Choice* serves as a resource to help readers live healthier lives and create a sustainable society — and have fun doing it. Our editorial content builds community; promotes social, political, and environmental awareness; and supports wellness through natural foods, nutrition, and integrative health care” www.consciouschoice.com

□ **Slow Food Chicago** – “Recognizing that the enjoyment of wholesome food is essential to the pursuit of happiness, [Slow Food U.S.A.](http://SlowFoodU.S.A.) is an educational organization dedicated to stewardship of the land and ecologically sound food production; to the revival of the kitchen and the table as centers of pleasure, culture, and community; to the invigoration and proliferation of regional, seasonal culinary traditions; and to living a slower and more harmonious rhythm of life:” www.slowfoodchicago.org

□ **ATTRA – National Sustainable Agriculture Information Service** - “Looking for the latest in sustainable agriculture and organic farming news, events and funding opportunities? We feature all that, plus in-depth publications on production practices, alternative crop and livestock enterprises, innovative marketing, organic certification, and highlights of local, regional, USDA and other federal sustainable ag activities:” www.attra.org

□ **Heifer International** – “Heifer envisions a world of communities living together in peace and equitably sharing the resources of a healthy planet. Heifer’s mission is to work with communities to end hunger and poverty and to care for the earth. Heifer’s Midwest office works with several Chicago area organizations that are providing urban agriculture training.” www.heifer.org (773) 279-9696

□ **Community Food Security Coalition** – “A North American organization dedicated to building strong, sustainable, local and regional food systems that ensure access to affordable, nutritious, and culturally appropriate food for all people at all times. CFSC has a very active urban agriculture committee that prepared an urban agriculture primer, which is available on-line.” www.foodsecurity.org

- **Organic Consumers Association** - “An online and grassroots non-profit public interest organization campaigning for health, justice, and sustainability.” www.organicconsumers.org

- **CRAFT (Collaborative Regional Alliance for Farmer Training)** – A coalition of growers working to train the next generation of organic, Biodynamic, and sustainable agriculture farmers for the northern Illinois and southern Wisconsin region. www.csalearningcenter.org/craft.html

- **Agroecology/Sustainable Agriculture Program at University of Illinois** - Facilitates and promotes research and education which protects Illinois' natural and human resources while sustaining agricultural production forever. www.aces.uiuc.edu/asap/

- **Michael Fields Agricultural Institute** - Our mission is to cultivate the ecological, social, economic, and spiritual vitality of food and farming systems through education, research, policy and market development. www.michaelfieldsagainst.org

- **The Land Connection** - The Land Connection is working to create a food system that is truly sustainable -- one that enables farmers to make a living without handouts, one that connects food producers and consumers in a direct way, one that preserves and enhances the quality of the soil, air, and water on which all life depend. www.thelandconnection.org
- **Chicago Botanic Garden** – Located in Glencoe, has 23 gardens and three native habitat areas on 385 acres. The Fruit & Vegetable Garden showcases an abundance of ideas for culinary gardening, and demonstrates urban gardening techniques. www.chicagobotanic.org

- **Believe Chicago** - Chicago's sustainability hub, this website provides information on events and resources in the Chicago metropolitan area. www.believechicago.org

- **Seven Generations Ahead** - The mission of Seven Generations Ahead (SGA) is to build communities that care for the environment, meet the basic human needs of all citizens, and provide safe and healthy lives for our children and future generations. www.sevengenerationsahead.org

- **Organic Food Network** – www.organicfoodnetwork.net

- **Illinois Stewardship Alliance** – A citizen’s organization that promotes a safe and nutritious food system, family farming, and healthy communities by advocating diverse, humane, and socially just and ecologically sustainable production and marketing practices. www.illinoisstewardshipalliance.org

- **MOSES – Midwest Organic and Sustainable Education Service** - An education, outreach organization working to promote sustainable and organic agriculture. Sponsors the annual Upper Midwest Organic Farming Conference. www.mosesorganic.org

Healthy Food for the Environment Pledge

The Healthy Food for the Environment Pledge is a framework that outlines steps that you can take to improve your health, the health of your community, and the global environment.

As a responsible member of my community, I am committed to the health of my neighbors, and the local and global community. I am aware that food production and distribution methods can have an adverse impact on public environmental health. As a result, I recognize that for the consumers who eat it, the workers who produce it and the ecosystems that sustain it, healthy food must be defined not only by nutritional quality, but equally by a food system that is economically viable, environmentally sustainable, and supportive of human dignity and justice. I am committed to the goal of promoting local, nutritious and sustainable food. **I pledge to:**

Increase my consumption of fruit and vegetables, nutritionally dense and minimally processed, unrefined foods, and reduce unhealthy (trans- and saturated) fats and sweetened foods.

Support local farmers, community-based organizations and food suppliers to increase the availability of fresh, locally-produced food.

Encourage local grocers to supply my community with food that is produced in systems that, among other attributes, eliminate the use of toxic pesticides, prohibit the use of hormones and non-therapeutic antibiotics, support farmer and farm worker health and welfare, and use ecologically protective and restorative agriculture.

Educate my community about nutritious, socially just, and ecologically sustainable healthy food practices and procedures.

Communicate my interest in foods whose source and production practices (i.e. protect biodiversity, antibiotic and hormone use, local, pesticide use, etc.) are identified, so that I may have informed consent and choice about the foods I purchase.

Promote producers and processors which uphold the dignity of family, farmers, workers and their communities and support sustainable and humane agriculture systems.

Minimize and beneficially reuse food waste and support the use of food packaging and products that are ecologically protective.

Signature

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