

10 FRESH Solutions for Social Action



VOLUNTEER OR DONATE

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Volunteer and/or financially support an organization dedicated to promoting a sustainable food system. And stay informed by joining the mailing list of the advocacy groups you trust. CUE Farm, Growing Places Indy, Indy Urban Acres, Fall Creek Gardens, other community gardens.



BE AN EXAMPLE

© U.S. Food Administration 1917

Teach by example. Teach your friends and family the value of buying local and buying healthy.



SHARE YOUR PASSION

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Share your passion! Talk to your friends and family about why our food choice matters. And organize a FRESH screening!



MINIMIZE COMMODITY CROPS

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Avoid GMOs (Genetically Modified Organisms) because of the unfair advantage it gives large corporations over farmers and researchers. When buying processed food (anything packaged) buy organic to avoid GMO and herbicide/pesticide residues since over 70% of all processed foods contain soy, corn, and canola byproducts made from GMO commodity crops.



GET DIRTY!

© Wagners Greenhouses and Garden Center 2016

Visit a farm, grow a garden, volunteer in a community garden, teach a child how to garden. Get Dirty! Have fun!



ASK ABOUT FOOD SOURCES

© Zonka Feedback 2015

Support restaurants and food vendors that buy locally produced food. When at a restaurant, ask (nicely!) your waiter where the meat and fish comes from. Eventually, as more and more customers ask the same question, they'll get the message!



BUY LOCAL, ORGANIC, FAIR TRADE

© Indy Local Food Guide 2015

Buy local products when possible, otherwise, buy organic and fair trade products. You will support your local economy and small farmers, reduce your exposure to harmful pesticides, improve the taste and quality of your food, and protect the from fertilizer and pesticide run-off. Shop at your local farmers markets, join a CSA (Community Supported Agriculture), and buy from local grocers and co-ops committed to stocking local foods.



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COOK & EAT SEASONALLY

Cook, can, dry, and freeze! Our culture has forgotten the joys of cooking. Not only is it better for you and saves money, but it's an invaluable skill to pass on to your children.



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ADVOCATE

Get involved in your community! Influence what you eat by engaging your school administration, effect city policies by learning about zoning and attending city council meetings, learn about the federal policies that affect your food choice and let your congress person know what you think.

What will you do?