

# 10 Ways to

**VOTE**  
WITH YOUR  
**FORK**



**1. Eat low on the food and marketing chain by buying direct from farmers.**

In a week-long or more delay from harvest to dinner table, sugars turn to starches, plant cells shrink, and produce loses its vitality.

**2. Stick with organic or sustainably-grown produce when possible.**

A study found that children who ate only organic produce had one-sixth the level of pesticides in their bodies of those who ate conventionally grown fruits and vegetables.

**3. Farmers markets are perfect places to buy all kinds of fresh, natural foods, & meet the farmers who raise real food.**

**4. Join what's called a CSA,** which stands for Community Supported Agriculture, a type of subscription to a weekly box/bag of fruits, vegetables, and meats produced by a local farmer.

**5. Eat at restaurants that procure from and support local farmers.**

**6. Some larger grocery stores now carry local food.** Ask the folks at your grocery store whether they have a local food section.

**7. Community gardens are excellent resources for finding and growing local foods.** They offer educational tours, courses, and workshops that perpetuate the good food movement.

**8. Grow your own.** It doesn't take much space at all to grow your own herbs and vegetables.

**9. Cook a meal for a neighbor or family member** using only local ingredients, and show them how delicious and easy it is to do.

**10. Shop smart.** Read labels, and if you find an ingredient that you are pretty sure Grandma didn't use, it's probably not sustainable, and definitely not produced by a local family farm.