



# Food For Thought (And Action!)

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## Further Action Tips

Would you like to take steps beyond your pledge? Here are more things you can do to promote good health for you and a healthy environment for the earth:

### *In your home:*

- Buy food in bulk – reduce packaging
- Buy foods that have been processed as little as possible
- Buy re-usable canvas bags for groceries instead of using paper or plastic bags from the store
- Re-use food containers
- Eat local foods in season instead of imported out-of-season foods
- Patronize restaurants that use as many locally-grown foods as possible
- Compost your food scraps (excluding meat) to reduce garbage and enrich the soil
- Read one of the books or web sites below.** You may be amazed at how much you'll learn and how much more empowered you'll be to make well-informed choices

### *For the greater community:*

- Tell at least three people you know – family, friends, co-workers – about this program
  - Ask produce managers at your local grocery stores to stock local and organic foods
  - Ask produce managers at your local grocery stores to label foods by country (or state) of origin
  - Ask restaurant managers to offer more vegetarian meals and use more local and organic food
  - Ask state and national legislators to support labeling genetically-modified foods
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### **Recommended Books**

- Consumer's Guide to Effective Environmental Choices by Michael Brower and Warren Leon (1999)
- Diet For a New America by John Robbins (1987)
- Eat Here by Brian Halweil (2004)
- Fast Food Nation by Eric Schlosser (2001)
- Genetic Engineering: Dream or Nightmare? by Mae-Wan Ho (1998)
- Hope's Edge: The Next Diet For a Small Planet by Frances Moore Lappe (2001)
- Pillar of Sand: Can the Irrigation Miracle Last? by Sandra Postel (1999)
- Portland's Bounty, ed. by Jenny Holmes, Ecumenical Ministries of Oregon (2001)
- Stolen Harvest: The Hijacking of the Global Food Supply by Vandana Shiva (2000)
- The Food Revolution by John Robbins (2001)

### **Recommended Websites**

- Union of Concerned Scientists: <http://www.ucsusa.org/>
- Physicians Committee for Responsible Medicine: [www.pcrm.org](http://www.pcrm.org)
- Humane Farming Association: [www.hfa.org](http://www.hfa.org)
- Worldwatch Institute: [www.worldwatch.org](http://www.worldwatch.org)
- Food First (Institute for Food and Development Policy): [www.foodfirst.org](http://www.foodfirst.org)
- Council for Responsible Genetics: [www.gene-watch.org](http://www.gene-watch.org)
- Organic Consumers Association: [www.purefood.org](http://www.purefood.org)
- EarthSave: [www.earthsave.org](http://www.earthsave.org)