



# Food For Thought (And Action!)

## Pledge Form

The \_\_\_\_\_ household pledges to take the following actions to protect  
(first and last name(s))  
our environment, our community and our health. Phone: (\_\_\_\_\_) \_\_\_\_\_

### 1. **EAT LESS MEAT** – beef, pork, lamb, poultry and fish (Choose one action.)

- \_\_\_ I/We will go one day a week without eating any meat or fish.
- \_\_\_ I/We already go at least one day a week without eating meat or fish.
- \_\_\_ I/We'll increase to \_\_\_ days a week.
- \_\_\_ Check here if you're already a vegetarian or vegan.

### 2. **EAT LOCAL** fruits and vegetables in season – MAY –NOVEMBER. (Choose one action.)

- \_\_\_ I/We will eat at least five meals a week that include local fruits or vegetables.
- \_\_\_ I/We already eat at least five meals a week that include local produce.
- \_\_\_ I/We will increase to \_\_\_ meals a week.
- \_\_\_ Check here if you're already eating local produce in at least ten meals a week.

### 3. **EAT ORGANIC FOODS** (Choose one action.)

- \_\_\_ I/We will eat at least five meals a week that include organic food.
- \_\_\_ I/We already eat at least five meals a week that include organic food.
- \_\_\_ I/We will increase to \_\_\_ meals a week.
- \_\_\_ Check here if you're already eating organic food in at least ten meals a week.

***If you can't pledge all three actions above, please consider some – they all help!***

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Tear off and return the top portion in the return envelope

to \_\_\_\_\_ by \_\_\_\_\_ at \_\_\_\_\_  
(WHO) (DATE) (WHERE)

## We pledged ...

*(Keep for your reference)*

1. \_\_\_ Number of meatless days per week
2. \_\_\_ Number of meals per week that include local fruits and vegetables (May-November)  
*You can get local produce from a variety of sources: grow your own at home or in community gardens, farmer's markets, roadside stands, U-pick farms and grocery stores and restaurants featuring local produce. Also, consider CSA's (Community Supported Agriculture), an arrangement in which you pay a local farmer up front in the spring and then receive fresh (usually organic) produce every week for the entire growing season.*
3. \_\_\_ Number of meals per week that include organic food  
*Examples of organic foods include fruits and vegetables (fresh, frozen and canned), pasta, sauces, tofu, bread, cereals, milk and dairy products. If buying meat, look for local producers whose practices are more mindful of environmental, social and health (human and animal) concerns. These include free-range, hormone-free, antibiotic-free and vegetarian- or grain-fed. Look for similar labels on poultry and eggs.*