



Ideas for Action from Nourish

www.nourishlife.org



Teach and Learn

Ask questions. Exercise your right to know the story of food. Find out what produce grows in your area and what is in season. Have a conversation about your family's food choices.

Grow Your Own

Start an urban or school garden. You can even grow some vegetables and herbs at home.

Create Community

Make a meal with others and begin your own tradition of good food. Meet the people who grow your food. Support local farmers and food artisans.

Change the Menu

Ask for more local and organic options in schools, restaurants, and workplaces. Request seafood that is good for the oceans and for you. Eat more vegetables, grains, and fruit. You'll feel better and live longer. And stay active. Eat well and play hard.

Shop Wisely

Select certified organic foods that are grown without harmful chemicals. Choose fair trade certified products. You'll improve the lives of farmers and farm workers around the world. Understand what's in processed food. Check out the ingredients: fewer is usually better.

Take a Stand

Amplify your voice by joining an organization working on food issues. Become an informed citizen. Learn how your government's policies affect the food you eat. Insist on healthy food for all.