



New thinking about what we're eating.

A film by ana Sofia joanes

Ana's 10 FRESH Solutions

1. **Drink plenty of water**, but **avoid bottled water** when you can. It pollutes the environment and is often bottled from tap water. Plastic is harmful to your health and to the environment. Buy a reusable water bottle and invest in a good water filter!
2. **Avoid GMOs** (Genetically Modified Organisms)! When buying processed food (anything packaged) **buy organic to avoid GMO** (Since almost all the soy, corn, and canola in the US is genetically modified, over 70% of all processed food contain GMOs from by-products of these grains.)
3. **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 environment from fertilizer and pesticide run-offs. Shop at your local farmers market, **join a CSA** (Community Supported Agriculture) and get weekly deliveries of the season's harvest, and by buy from local grocers and co-ops committed to stocking local foods.
4. **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!
5. **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.
6. **Get involved in your community!** Influence what your child eats by engaging the school board, 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.
7. **Visit a farm**, grow a garden, volunteer in your community garden, teach a child how to garden. **GET DIRTY! Have fun!**
8. **SHARE your passion!** Talk to your friends and family about why our food choice matters. And organize a FRESH screening!
9. **TEACH by example.** Your children learn from you - teach them the value of buying local and buying healthy. Our earth, health and ecology are hurting NOW because of the industrial food system, but if we don't take action and start the healing process, the effects are going to be catastrophic and perhaps irreversible for our children.
10. **COOK!** 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.