



New thinking about what we're eating.

A film by ana Sofia joanes

FRESH Questions

To get the discussion going...

Why do you think FRESH is an important story to be telling right now?

How can we make the type of work that Joel Salatin and Will Allen do in FRESH a reality in our neighborhood?

How can community members' actions impact what politicians do for this cause?

What restaurants are using local produce in this neighborhood and what can we do to support them?

What brings you here today/tonight? (What brings you to the FRESH food movement?)

What concerns you most about the food you eat? (Your health? Animal treatment? Environmental pollution? Carbon footprint? GMOs? . . .)

Where do you buy your food and how do you make your purchase decisions? Do you want to change your purchasing and food consumption habits?

What are the resources that you know of in your community (organizations, community gardens, other groups. . .)

Are you active in your community? (School board, city council, PTA, church/temple?) If so what do you think you (or they) could do to contribute to improving access to local and sustainable foods?

Which local, state or federal issue is of concern to you right now?

What can you do to learn more about what policies can affect your access to FRESH food and how you can help?

Which organizations locally and nationally are active in promoting FRESH food system and how can you support them?

What questions (doubts, concerns) did the movie raise for you?

Do you have tips for saving money while purchasing only great food? Do you belong to a coop? A CSA? Do you grow some of your own food?

What are the food items that you try to always buy local or organic? (eggs? milk? meat? fresh produces? which ones?)

Buying food from a Farmer's Market and making fresh home cooked meals is a privilege. How do you see this movement developing into a more accessible one?

How can poor people access a healthier, fresh diet? Is the local food movement elitist?

People don't know what to do with the fresh food once they get it home. What is your favorite way to prepare the excellent food that you produce? Any tips for preparing tasty and easy recipes?

Do you think any differently about farming (and farmers), agriculture and the food system now (i.e., after viewing the film)?

Do you feel that the foods you eat are healthy; safe? Had you ever considered the possibility of “industrially-created” bacteria and disease?

What do you think about CAFOs (Concentrated Animal Feeding Operations)?

What do you think about the treatment of farmers, farm workers, animals, the soil and the environment?

What do you think of the statement made by Michael Pollan that we pay three times for our food – at the register, with our health care, and via agricultural subsidies?

Does this cause you to consider (or reconsider) the notion of “cheap” food?

Do fast foods and cheap foods have to be the same thing?

How can the corner convenience stores ("stop and robs") in the middle of inner cities sell fresh produce? Could grocery licenses be sold with the requirement to buy local/sell local produce?

*FRESH needs your input! Please send your thoughts and ideas (and questions that you think we should include here) to Lisa@FRESHthemovie.com

Questions developed by the FRESH team in conjunction with Jim Bingen, Professor, Community, Food & Agriculture at MSU and Tracy Singleton, owner of