

## ACTIVITY

# IDEAS FOR ACTION

Name \_\_\_\_\_

Date \_\_\_\_\_

**DIRECTIONS:** Circle the bullet point next to as many actions that apply to you. In the spaces below, you can tell more about any of the actions you already take and those you could add to your repertoire.

### TEACH AND LEARN

- I ask questions and exercise my right to know the story of my food.

Example: \_\_\_\_\_

- I found out what produce grows in my area and what is in season.

Example: \_\_\_\_\_

- I had a conversation about my family's food choices.

Example: \_\_\_\_\_

### GROW YOUR OWN

- I planted vegetables in our school garden. I take care of our garden by:

Example: \_\_\_\_\_

- I grow some vegetables and herbs at home.

Example: \_\_\_\_\_

### CREATE COMMUNITY

- I make meals with others.

Example: \_\_\_\_\_

- A food tradition in our family is:

Example: \_\_\_\_\_

- I've met people who grow my food.

Example: \_\_\_\_\_

- I support local farmers and food artisans.

Example: \_\_\_\_\_

### **CHANGE THE MENU**

- I ask for more local and organic options in schools and restaurants.

Example: \_\_\_\_\_

- I request seafood that is good for the oceans and for people.

Example: \_\_\_\_\_

- I eat plenty of vegetables, grains, and fruit, knowing I'll feel better and live longer.

Example: \_\_\_\_\_

- I stay active and play hard. Some of my favorite sports and physical activities are:

\_\_\_\_\_

### **SHOP WISELY**

- I select certified organic foods that are grown without harmful chemicals.

Example: \_\_\_\_\_

- I choose fair trade certified products, knowing I will improve the lives of farmers and farm workers around the world.

Example: \_\_\_\_\_

- I understand what is in processed food. (I check out the ingredients: fewer is usually better.)

- An example of a whole food is \_\_\_\_\_

- An example of a processed food is \_\_\_\_\_

## TAKE A STAND

- I amplify my voice by telling others what I know about food issues and enlist the help of organizations, like student council, who can help me spread the word.

Example: \_\_\_\_\_

- I am becoming an informed consumer. I insist on healthy food for all.

Example: \_\_\_\_\_

Other: \_\_\_\_\_

