

FOOD Inc. Recommended Actions

- ✓ You can vote to change this system. Three times a day.
- ✓ Buy from companies that treat workers, animals and the environment with respect.
- ✓ When you go to the supermarket:
 - Choose foods that are in season.
 - Buy foods that are organic.
 - Know what's in your food.
 - Read labels.
- ✓ Know what you buy. The average meal travels 1500 miles from farm to supermarket.
 - Buy locally.
 - Shop at Farmer's Markets.
 - Plant a garden.
- ✓ Cook a meal with your family and eat together.
- ✓ Everyone has a right to healthy food:
 - Make sure your Farmer's Market takes food stamps.
 - Ask your school board to provide healthy school lunches.
- ✓ The FDA and USDA are supposed to protect you and your family. Tell Congress to enforce food safety standards and re-introduce Kevin's Law.
- ✓ If you say grace, ask for food that will keep us and the planet healthy.

You can change the world with every bite.

Hungry for Change? Go to *takepart.com/foodinc*