



## **ACTION POINTS**

*Creating a more sustainable world is not just about turning stuff into green stuff. It also has to involve changing people's habits and behaviors. In the case of food, that means re-orienting our current production system to one that is more locally-based, easier to control and monitor, contributes positively to the environment and produces healthy food. If you would like to join in this new spin on food production, here are some ways you can get started.*

### **Household action: Work with family members**

- Patronize farmers markets
- Reduce or stop consuming highly processed foods
- Commit your family to shop, prepare and sit down together to eat at least one meal a week, made with as many locally produced farm products as possible
- Join a CSA (community supported agriculture program) in which you buy a share of a farm's harvest in advance of the growing season in exchange for a weekly delivery of crops during the growing season
- Convert your lawn to a food garden
- If you cannot or do not want to grow more of your own food, make your yard available to a neighborhood farmer who will do the growing for you
- Join a local food buying club

### **U.S. Resources**

Farmer's markets:

Local Harvest (national locator) - [www.localharvest.org/farmers-markets](http://www.localharvest.org/farmers-markets)

CSA's:

Local Harvest (national locator) - [www.localharvest.org/csa](http://www.localharvest.org/csa)

Gardening:

*SPIN-Gardening* – [www.spingardening.com](http://www.spingardening.com)

America the Beautiful – [www.america-the-beautiful.org](http://www.america-the-beautiful.org)

American Community Gardening Association – [www.communitygarden.org](http://www.communitygarden.org)

American Horticultural Society - [www.ahs.org](http://www.ahs.org)

Cooperative Extension - [www.csrees.usda.gov/Extension](http://www.csrees.usda.gov/Extension)

Master Gardeners Group (national locator)- [www.ahs.org/master\\_gardeners](http://www.ahs.org/master_gardeners)

National Gardening Association - [www.garden.org](http://www.garden.org)

### **Community action: Work with your neighbors**

- Start a farmers market if there is none in your community
- Introduce food programs into your local school curricula, including edible school gardens in which students grow their own food, eat it and market it
- Urge local school boards to use local foods in their lunch programs
- Create a yard sharing program to match up yard owners with gardeners who either don't have land or who want to expand their efforts
- Join with others to form a food production group

- Start a CSA farm in your community by working with others to find land, funds and a farmer to grow for the csa
- Start a food cooperative
- Find people in your community who know how to grow, and encourage them to teach others
- Find out how to save seed from year to year and join or start a seed savers program.
- Create a community plan for food security

### **U.S. Resources**

Community Food Security:

Community Food Security Coalition - [www.foodsecurity.org](http://www.foodsecurity.org)

Food cooperatives:

Oklahoma Food Coop- [www.oklahomafood.coop](http://www.oklahomafood.coop)

Cooperative Grocer – [www.foodsecurity.org](http://www.foodsecurity.org)

Food Coop 500 - [www.foodcoop500.coop](http://www.foodcoop500.coop)

Food production groups:

*SPIN-Gardening* – [www.spingardening.com](http://www.spingardening.com)

School gardens:

Chez Panisse Foundation - [www.chezpanissefoundation.org](http://www.chezpanissefoundation.org)

Edible Schoolyards – [www.edibleschoolyard.org](http://www.edibleschoolyard.org)

Seed saving:

Seed Savers Exchange – [www.seedsavers.org](http://www.seedsavers.org)

### **Leveraging actions: do this with family and friends**

- Encourage your favorite restaurants and supermarkets to offer locally grown food

### **U.S. Resources:**

Chef's Collaborative - <http://chefs collaborative.org>

### **Political action: do this through sustainable farm organizations**

- Join local sustainable agriculture associations and attend their meetings
- Join national sustainable agriculture groups and support their efforts to change agriculture policy
- Become knowledgeable about national agriculture policies and government subsidies
- Guide your local, state and federal officials towards policies that support, or do not work against, local food production.

### **U.S. Resources:**

National Campaign for Sustainable Agriculture - [www.sustainableagriculture.net](http://www.sustainableagriculture.net)

Touch the Soil - [www.touchthesoil.com](http://www.touchthesoil.com)

WorldWatch Institute - [www.worldwatch.org](http://www.worldwatch.org)

*Others have written persuasively on why we need to start producing our food less destructively and more healthfully. Now, SPIN is helping to define what is possible and to do what is practical. What is possible are communities that promote individual self-reliance while acknowledging the world's inter-dependence. What is practical is to grow wherever you were planted, whether it be in the middle of an urban jungle or on the suburban fringe. Can thousands of backyards and front lawns be an answer to thousands of acre of monocrops? You bet! Find out how at [www.spingardening.com](http://www.spingardening.com)*

***SPIN Makes Agriculture Accessible to Anyone, Anywhere!***