



**Good Food
We Can Afford
Today and Tomorrow**

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Food and **fuel prices** have been going up fast, and there's a connection. Most of our food is produced far from home, using lots of energy and resources, and then shipped a thousand miles or more. So, **higher fuel prices lead to higher food prices**, and the costs don't stop there. The massive energy use also causes pollution that is bad for our environment, our climate, and our health.

But we can change this. We can **grow food closer to home**, use greener methods and much less energy, and reduce the costs to our pocketbooks and our planet. Most of the methods we need are already in use; they just need to be used more widely. It will take commitment to make these changes, but we can do it—and *really, we can't afford not to!*

Fortunately, many groups are already working to make these changes. They can **help you get healthy, affordable food today**, and be part of creating solutions so that we can all have good food to eat tomorrow.



7 Steps to Healthier Food and a Healthier Planet

Your food choices have a big impact. When you choose food that's healthier for you and the planet *today*, you avoid high costs to your health and the planet *tomorrow*.

Learn more!

For more information and action ideas, visit whyhunger.org/fslc

Get connected!

To find out what's happening locally, contact the group listed below. Or to find a group in your area, call 1-866-3-HUNGRY or visit whyhunger.org.

Buy fresh, whole foods. They take much less energy to produce than heavily processed and packaged foods.

Get your hands dirty. Grow some of your own food, and help others learn to grow food in home or community gardens.

Support local and organic farmers who protect our planet, our climate, and our health.

Ask local stores, schools, and other institutions to buy from local and organic farmers.

Consider eating less meat, or buy local, organic, or pasture-raised meat if you can. Meat production, especially on factory farms, uses a lot of resources.

Talk to friends and neighbors about the need for change and how they can be part of it.

Ask government and local leaders to help develop a food system that provides good food for everyone, supports local farms and businesses, and protects our planet and our climate.

Produced by the Community Food Security Coalition (foodsecurity.org) and World Hunger Year. To request hard-copy versions of this handout, email contact@foodsecurity.org.