What One Person Can Do to Support Community Food Security....

We Are What We Eat
- Eat locally and regionally grown foods
- Eat organically and sustainably grown foods
- Join a Community Supported Agriculture (CSA) farm
- Shop at farmers’ markets and get to know farmers in your region
- Encourage local stores and restaurants to buy from local growers

Grow Your Own
- Start a home garden, and/or help others start gardens
- Join or start a community garden
- Volunteer to work at a local farm, CSA, or garden project

Feed the Hungry
- Volunteer at a local soup kitchen or food pantry
- Donate to programs that feed the hungry and/or help them become more self-reliant
- Grow fresh produce for donation to your local food bank, food pantry or soup kitchen
- Work with local schools to improve meal programs to offer fresh and nutritious foods for all students

Advocate and Educate
- Join an organization working on food system issues (for referrals, contact CFSC)
- Learn about the food system and current advocacy efforts through newsletters, books, and websites
- Talk to your friends and co-workers about food and agriculture issues
- Work with others to start a farm to school or farm to college program
- Work with others to conduct a community food assessment, start a food policy council, and/or to develop other programs and policies that advance food security
- Advocate for continuing and improving food assistance and other safety net programs, and for community economic development and living-wage jobs

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