

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

Community Food Security Coalition (CFSC) • P.O. Box 209, Venice, CA 90294

Phone (310) 822-5410 • Fax (310) 822-1440 • cfsc@foodsecurity.org • www.foodsecurity.org