



ALLIANCE FOR  
DEMOCRACY

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## Why You Should Care

### Industrial Agriculture Is Not Sustainable

Our current system of agriculture, which substitutes chemicals for living soil, is not sustainable. It is killing soil, creating dead zones in the oceans, pouring greenhouse gases into the environment, and destroying biodiversity. The earth is our only home, and we must learn to relate to it as a living system, not as an environment we can exploit for profit, while killing its ability to regenerate.

### Corporate Agriculture Is Not Healthy

We are having epidemics of health problems created by modern agriculture, especially obesity, diabetes, heart disease and cancer. We need healthy soil to raise healthful food, both plant and animal. Food-borne pathogens, the only form of unsafe food recognized by the Food and Drug Administration, is the least of our worries. Those causing the problems are also telling us how to eat, and a great deal of what you think you know about that is wrong.

### Local Food Brings Local Prosperity

Our oligarchic food system sucks money out of our local communities and concentrates it in the hands of a few multi-national corporations. Eating locally-produced food circulates money locally and strengthens local economies. A thriving local food system means more jobs and a more vibrant and healthy economy. It also builds the resiliency needed when times get tough. Local food tastes good, too!

### Food Strengthens Communities

Breaking bread together is a time-honored way of celebrating life in community. Church suppers, bake sales, Grange pig roasts and all of the other gatherings bring people together. It is hard to be disagreeable to people when you are all eating together! And when people care about food, they care about people, and find ways to make sure that everyone gets to eat.



## What You Can Do

### Pass an Ordinance

Put your community in charge by passing a local ordinance that strengthens your food system. Tailor the Local Food and Community Self-Governance Ordinance to your community and its needs and get it passed. You will be told you can't do that. Do it anyway. Then persist.

### Move Your Food Dollars

Never shop at Walmart. Find your local farmers and farmers' markets. Create a community garden. Stay away from the processed foods in the supermarket; learn to cook. Say good-bye to McDonald's and Burger King, etc. Form a food circle with friends and help each other to eat only food sourced within a given radius (except for chocolate, of course!).

### Educate Yourself

Study your state constitution, agriculture laws, and local governance structure. Learn more about nutrition, but not from sources that use the USDA food pyramid. Inform yourself about the connection of industrial agriculture and climate change. Read the history of the Grange and the Populist movement. Find out about food co-ops and their place in our economy.

### Create a Food Community

Grow veggies for your local food pantry. Save and exchange seeds. Host a food swap — trade some of your dilly beans for your neighbor's cookies. Host a seasonal, local food potluck. Share what you know about food, farming and history. Form a local food policy council. Bake for community events. Ignore political affiliations. Feed the hungry. Raise food of all kinds. Share food.