 **WHAT CAN YOU DO?**

*Here are some ideas:*

**You can vote to change this system. Three times a day.**

• Buy from companies that treat workers, animals, and the environment with respect.

• When you go to the supermarket, choose foods that are in season. Buy foods that are organic. Know what’s in your food. Read labels.

• The average meal travels 1,500 miles from the farm to the supermarket. Buy foods that are grown locally. Shop at farmers’ markets. Plant a garden. (Even a small one.)

• Cook a meal with your family and eat together.

• Everyone has a right to healthy food. Make sure your farmers’ market takes food stamps. Ask your school board to provide healthy school lunches.

• The FDA and USDA are supposed to protect you and your family. Tell Congress to enforce food safety standards and re-introduce Kevin’s Law.

• If you say grace, ask for food that will keep us and the planet healthy. You can change the world with every bite.

*Here’s some websites to look further:*

<http://www.takepart.com/foodinc>

<http://www.pbs.org/pov/foodinc/>

<http://www.epicurious.com/articlesguides/seasonalcooking/farmtotable/seasonalingredientmap>

<http://www.monsanto.com/food-inc/Pages/default.aspx> (Monsanto’s answer to Food Inc.)

<http://www.safefoodinc.org/index.php> (Critics: “Myths & Facts” by the American Meat Institute)

<http://www.eatwellguide.org/i.php?pd=Home> 

<http://www.happycow.net/>

<http://www.localharvest.org/>

<http://www.organicconsumers.org/>

**Healthy Way Dairy (Sally Milk!)**

15525 Cedar St

Santa Fe, TX 77517  
(409) 925-7070

<https://www.facebook.com/healthyway.dairy>

<http://www.realfoodhouston.com/2012/01/02/milk-is-plentiful-at-healthy-way-dairy/>

**Resources**

***For additional information on the issues and topics raised by the film:***

Center for Ecoliteracy (2008). *Big ideas: Linking Food, Culture, Health, and the*

*Environment*. Berkeley: Learning in the Real World. www.ecoliteracy.org.

Food and Agriculture Organization (FAO) of the United Nations (2008). *The State of Food and Agriculture, 2008—Biofuels: Prospects, Risks and Opportunities*.www.fao.org/publications/sofa/index\_en.html

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Garcia, Deborah Koons (2004). *The Future of Food*. Lily Films.

Monsanto Company website. www.monsanto.com.

Participant Media (2009). *Food, Inc: How Industrial Food is Making Us Sicker, Fatter and Poorer—and What You Can Do about It*. Weber, Karl, editor. New York: Public Affairs.

Pollan, Michael (2008). *In Defense of Food: An Eater’s Manifesto.* New York: Penguin.

Pollan, Michael (2006). *The Omnivore’s Dilemma: A Natural History of Four Meals.* New York: Penguin.

Polyface Farms website. www.polyfacefarms.com.

Pringle, Richard (2005). *Food, Inc.*: *Mendel to Monsanto—The Promises and Perils of the Biotech Harvest.* Simon and Schuster.

Richardson, Jill (2009). *Recipe for America: Why our Food System is Broken and*

*What We Can Do To Fix it*. Brooklyn, NY: Ig Publishing.

Schlosser, Eric (2001). *Fast Food Nation: The Dark Side of the All-American Meal.* New York: Houghton Mifflin.

Singer, Peter, and Mason, Jim (2006). *The Way We Eat: Why our Food Choices Matter*. Emmaus, PA: Rodale.

Smithfield Foods Company website. www.smithfieldfoods.com.

Stonyfield Farm Organic Yogurt website. www.stonyfield.com.

Sustainable Table. Eat well guide. www.sustainabletable.org.

Tasch, Woody (2008). *Inquiries into the Nature of Slow Money: Investing as if Food, Farms, and Fertility mattered*. White River Junction, VT: Chelsea Green.

**Vocabulary**

**Antibiotic resistance** The ability of bacteria and other microorganisms to survive and multiply in the presence of an antibiotic compound that once killed them.

**Blacklist** To put on a list of people to be shunned, banned, or rejected.

**CAFO (confined animal feeding operation)** An animal feedlot operation with more than 1,000 animals at a time.

**E. coli (*Escherichia coli*)** A group of bacteria that live inside the intestines of humans, other mammals, and birds.

**Feedlot** A building or stockyard where livestock is fattened for market.

**GMO (genetically modified organism)** An organism whose DNA has been deliberately altered by laboratory methods.

**Grain -fed (vs. grass-fed)** Livestock raised on a diet of corn, soybeans, and other by-products, rather than pasture or grass.

**Intellectual property** Creations of the mind—such as music, art, writing, inventions, symbols, images, designs, or names—that have commercial value.

**Libel (also called defamation, slander, or vilification)** Spreading negative information about someone or something.

**NAFTA (North American Free Trade Agreement)** A 1994 treaty among Mexico, Canada, and the United States aimed at promoting greater trade among the three countries.

**Organic food** Food produced without synthetic pesticides, artificial fertilizers, hormones, antibiotics, or genetic modification.

**Patent** A document granting the inventor sole rights to an invention and allowing the inventor to stop others from making, using, or selling the invention.

**rBST-free** Dairy products produced without the use of the bovine growth hormone rBST (recombinant bovine somatotropin).