

# WHAT YOU CAN DO

## STOP FACTORY FARMS

### 1. Know Your Food.

Think about land use, health costs, social costs, animal welfare and the carbon footprint of food production.

### 2. Refine, Reduce and Replace Animal Products.

Consider eating smaller amounts of animal food products, participate in Meatless Mondays, and source animal products from the local farmers' market or a CSA (Community Supported Agriculture farm).

### 3. Read Labels.

Labels on animal products can be misleading.  
Brush up on what all those labels really mean here:  
[www.cafothebook.org/whatyoucando](http://www.cafothebook.org/whatyoucando)

### 4. Go Antibiotic-Free.

Select certified organic meats, eggs, and dairy and those clearly labeled as using only vegetarian animal feed.  
Look for the Humane Farm Animal Care label and the terms "USDA Certified Organic" or "No Antibiotic Use."

### 5. Honor Where Your Food Comes From.

Consider spending a little more on better sources and better qualities of meat and animal products, a little less often.  
Learn as much as you can about bringing the most savor out of your cooking.  
Don't support companies who don't care about animal rights.

[www.watershedmedia.org](http://www.watershedmedia.org)



# WHAT YOU CAN DO

## ECO EDUCATION

### **1. Rally Your Community**

Identify the people who share your concerns and interests,  
and build your efforts around them.

Your allies could include students, PTA and PTO members, parents,  
teachers, the school nurse, board members, or local businesses.

### **2. Envision Smart by Nature Education**

Keep the big picture in mind by developing a vision statement or a working  
definition of what sustainability means to your school.

Visualize the Smart by Nature campus and curriculum.

### **3. Take Stock of School Policies**

Conduct sustainability and curriculum audits to set priorities.

Review the environmental impact of the school's policies and practices in  
order to set priorities and establish baselines to measure your success.

### **4. Create Real World Learning Opportunities**

Create a strategy and move from vision to action.

The real world is the optimal learning environment.

Make the campus a hands-on laboratory for addressing real issues  
around sustainability.

### **5. Reflect on Challenges and Successes**

Close the feedback loop: monitor, evaluate, and celebrate progress. Nature  
is our teacher. Natural ecosystems and social systems maintain themselves,

“learn,” and evolve through networks of feedback.



# WHAT YOU CAN DO

## FOOD AND FARM POLICY

### 1. Learn About the Farm Bill

This will require “cracking the code” of Farm Bill terminology. The USDA has a lot of useful information, including the full text of the bill itself and specialized reports.

### 2. Bring Local Officials Up to Speed

A local Farm Bill agenda can easily begin with a community group. Perhaps political leaders will engage once they understand the movement is legitimate.

### 3. Create Outreach and Educational Opportunities

Communicate to your community why they have an interest in the outcome of Farm Bill debates. Look over Environmental Working Group’s Farm Subsidy databases and other search engines to familiarize yourself with spending in your state.

### 4. Build Coalitions

Identify the many constituencies affected by local food systems: family farms, public health offices, economic development groups, local schools, government agencies, charities, food policy councils, social justice movements. Develop partnerships to spread the word.

### 5. Take the Long View

Change rarely happens over the span of just one Farm Bill. Learn about how previous gains were made— and realize that they must be supported and defended through the long processes of appropriation, implementation, rule making, and so on (and on).



# WHAT YOU CAN DO

## ECO DESIGN

### **1. Minimize Single-use Packaging**

Tote groceries in a reusable cloth bag, bring your own mug to the coffee shop, avoid take-out packaging and carry a water bottle with you. Simple substitutes like these can have a big impact!

### **2. Be Aware of Your Ecologic Footprint**

Gauge your consumption patterns and check that they are compatible with your values and hopes for the planet.

### **3. Know Your Farmer**

Every step of food production from how it is grown, packaged and delivered to you, has an impact. Consider joining a CSA to eat in-season and reduce packaging.

### **4. Vote With Your Wallet**

Support producers who make a conscious effort to minimize waste, use recycled products, and green production methods.

### **5. Manage an Ecological Household**

Buy in bulk to reduce packaging, carpool, become a backyard composter, reduce the impact of any upgrades or building in your home, grow a garden.



# WHAT YOU CAN DO

## FARMING WITH THE WILD

### **1. Eat Consciously!**

Seek out local and in season foods, look for Organic and GMO-free certified products and make sure animal products are humanely pasture raised.

### **2. Consider the Natural Habitat of Farm Areas**

Support farmers that protect the landscape with buffers that help to clean air and water and provide space for native species.

### **3. Support a Grass-based Conservation Economy**

Grass pastured livestock operations can provide year-round habitat that makes for healthier animals, protects the soil, captures carbon from the atmosphere and sustains birds and other species.

### **4. Look for “Predator-Friendly” Products**

Mountain lions, wolves, coyotes and other predators are often maligned by the ranching community, who are legitimately concerned about animal losses.

Forward thinking livestock producers use guard animals and other management techniques to coexist with wild species that might threaten livestock.

### **5. Help Migratory Species through Ecolabels**

Shade grown coffee producers provide critical habitat for migratory birds that overwinter in the tropics. In the United State’s Pacific Northwest, Salmon Safe products require that landowners enhance water quality for endangered fish.



# WHAT YOU CAN DO

## URGENT RESOURCE ISSUES

### **1. Exercise Your Energy Literacy**

Take the Energy Reality Pledge: [www.energy-reality.org/pledge/](http://www.energy-reality.org/pledge/)

### **2. Practice Mindful Conservation**

Cut down on your water use and reuse water as often as possible. Install a low flow showerhead, fix leaks, eat less meat and avoid disposable products. Take the water footprint calculator quiz at [www.gracelinks.org/1408/water-footprint-calculator](http://www.gracelinks.org/1408/water-footprint-calculator)

### **3. Support Regional Self-sufficiency**

Support resilience against resource shortages by engaging in activities that are rooted in local production and conservation. In other words, meet your needs locally whenever possible and practical — especially when you can do things for yourself.

### **4. Get Organized**

Carpool, use electronic timers, plan shopping trips, become vigilant about making the most of the energy and resources you do consume.

