Our food choices directly influence our family’s health and profoundly influence the health of the planet. It starts with soil, the earth’s life-support system. Science proves that healthy soil grows healthy food. Science also proves that eating healthy food nourishes healthy people and healthy people live in healthy communities. Therefore, to keep our families healthy and communities vibrant, we must have “good food.” “Good food” is healthy, green, fair, accessible and supports optimal health of all eaters, now and in the future.

Using this checklist, have each family member select a “Good Food” activity to accomplish in the next month and grow from there. Consider establishing a family pledge to eat food that meets “Good Food” criteria. Keep track of your progress and celebrate your successes. While nourishing the eaters in your family, you too can nourish the earth, one bite at a time!

At Home We Will...

- Purchase a Community Supported Agriculture (CSA) share - www.localharvest.org
- Select more locally-grown fruits and vegetables and less red meat to conserve natural resources and energy - www.EatingGreen.org
- Eat fresh, whole foods and minimally-processed foods that have fewer than five ingredients - www.med.umich.edu/umin/clinical/pyramid/index.htm
- Choose foods that have not been sprayed with pesticides, herbicides or fungicides - www.foodnews.org
- Select meat and dairy products from animals that have been humanely-raised on pasture and fed a grass diet and not treated with antibiotics or hormones - www.ucsusa.org and www.americangrassfed.org
- Purchase fish and seafood that were caught or farmed in ways that preserve the environment - www.mbayaq.org
- Seek food from farmers and processors who do not exploit anyone or anything and whose workers are paid a fair wage - www.slowfoodusa.org and foodjustice.org
- Select fair-trade products such as coffee, tea and chocolate - www.fairtradedefederation.org
- Support local food processors including meat lockers and canning facilities
- Start a container or patio garden
- Maintain a kitchen or backyard garden - www.kitchengardeners.org
- Plant native fruit trees in the yard

Work with neighbors to establish a Victory Garden - http://groups.ucanr.org/victorygrower and www.pbs.org/svg/victorygarden

Complete a Master Gardener course - www.ahs.org/master_gardeners

Grow food for a CSA farm or a farmers market


Share homegrown food and recipes with others - www.macsac.org/atoz.html

Take a food preservation course and learn ways to store the season’s harvest - www.uga.edu/nchfp

Teach children and others how to prepare delicious meals using fresh, seasonal foods - www.kids-cooking-activities.com

Show children where food is grown and schedule farm tours to learn more about farming in the community

Compost fruit and vegetable scraps, egg shells and coffee grounds

Use a reusable coffee filter or unbleached coffee filters that can be composted

Purchase or construct a garden composter or start a worm composter - www.composters.com

Test the soil and learn about organic methods to build soil humus - www.extension.org/pages/Soils_and_Composting:_Soil_Testing

Collect rainwater to use in the garden
A “Good Food” Checklist for Families (continued)

- Use leftover water from steaming or boiling vegetables to water plants
- Take reusable cloth bags to the grocery store and the farmers market - www.reusablebags.com
- Select products with minimal packaging, are environmentally-friendly and can be recycled
- Buy in bulk when possible and limit single-serving packages
- Implement a reduce, reuse, recycle program - http://earth911.org
- Reuse glass jars for food storage
- Use plates and flatware that can be washed versus styrofoam, plastic or paper products
- Purchase or make cloth napkins
- Fill reusable stainless steel drinking bottles with tap water when traveling or exercising- www.coopamerica.org/pubs/realmoney/articles/plastics.cfm
- Join the local Slow Food chapter - www.slowfoodusa.org
- Stay current on food-related news and articles - www.thefoodtimes.com
- Other: ______________________

At School We Will...  
- Make fresh, healthy food choices the easiest choices
- Request the school to become a fast food-free zone and to provide fresh, healthy school meals to all students - www.schoolwellnesspolicies.org
- Link farmers with schools and begin a Farm to School Program - www.farmtoschool.org
- Start a school gardening program or adopt a school garden - www.kidsgardening.com and www.garden.org
- Implement a reduce, reuse, recycle program - http://earth911.org
- Initiate a school composting program - www.css.cornell.edu/compost/schools.html
- Other: ______________________

At Work We Will...  
- Encourage the cafeteria to adopt a seasonal menu system and to purchase fresh food directly from local farms
- Share information on recycled disposables in place of styrofoam and plastic products
- Advocate for a fast food-free workplace
- Implement a reduce, reuse, recycle program - http://earth911.org
- Initiate a worksite composting program
- Ask management to consider hosting a farmers market or be a CSA drop-off
- Other: ______________________

In Our Community We Will...  
- Support community gardening programs at a daycare, church, hospital, long-term care facility, hospital or community center - http://communitygarden.org
- Implement a reduce, reuse, recycle program - http://earth911.org
- Promote agritourism and ecotourism - www.agritourismworld.com and www.ecotourism.org
- Become a member of a local food co-op - www.coopamerica.org
- Promote Bay Fresh Buy Local initiatives - www.foodroutes.org
- Serve fresh, local and seasonal food at picnics, reunions and church activities
- Glean food from local farmers for food banks and pantries - www.secondharvest.org
- Establish a food recovery system and donate leftover food to emergency food programs - www.foodsecurity.org
- Support businesses and restaurants that serve fresh, local, and seasonal food - www.chefscolaborative.org and www.dinegreen.com
- Ask restaurants to serve more fresh, local, and seasonal food
- Take a reusable container for leftovers when dining out
- Request food stores to buy from local farmers and processors
- Encourage point-of-sale identification of fresh, local, and seasonal food in markets
- Organize a food film festival - www.kingcorn.net and www.chow.com
- Other: ______________________

We Will Inspire Others by...  
- Sharing “The Good Food Checklist for Families”
- Writing articles or blogs about the health, social, economical and ecological benefits of “Good Food”
- Submitting a letter to the editor or an op-ed about the benefits of fresh, local and seasonal foods
- Working with local, state or federal officials on establishing vibrant local food systems
- Establishing a food policy council or serving as a member - www.statefoodpolicy.org
- Running for an elected office
- Other: ______________________

To read more about nourishing your family and the earth, check out these books from your local library!

- “Coming Home to Eat. The Pleasures and Politics of Local Foods” by Gary Paul Nabhan, WW Norton & Co., 2002
- “Low Carbon Diet. A 30-Day Program to Lose 5000 Pounds” by David Gershon, Empowerment Institute, 2006
- “Six Arguments for a Greener Diet” by Michael Jacobson, Center for Science in the Public Interest, 2006

Environmental Nutrition Solutions
An ecological approach to food and health
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Environmental Nutrition Solutions, takes an ecological approach to food and health by focusing on the public health benefits of sustainable food systems.

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This is a sampling of “Good Food” activities for families. Share your “Good Food” experiences by sending an email to angie.tagtow@mac.com