Changing Your Stories, Reducing Your Impact

- Eat locally and in season when possible
  - *The Second Saturday Farmer's Market in Meadville, located at the Market House, begins this year on May 12.*
- Reduce Your Meat Intake
  - *Try "Meatless Mondays"*
- Look for Organic Options in the grocery store – but don't trust all labels.
- Join Your Local CSA
  - *The Nu-Way Community Supported Agriculture can provide you with fresh, locally grown vegetables each week during your subscription cycle—and offer discount rates for senior citizens, low-income individuals/families, and students!*

Play with your food – add more variety to your diet

- *Americans eat less than .25% of the known edible food on the planet.*
- *Cook and eat with friends and family*



Changing Communal Stories

- Engage in the Farm Bill process – influence policy change.
- Learn more about Farm-to-School (FTS) initiatives – influence your local school district

The Story of Food



What Now?

What's Your Story?

