

FOOD, INC



**YOU'LL NEVER LOOK AT
DINNER THE SAME WAY**

10 THINGS YOU CAN DO TO CHANGE OUR FOOD SYSTEM

- Drink fewer sodas and other sweetened beverages.
- Eat at home instead of eating out.
- Support the passage of state and local laws to require chain restaurants to post calorie information on menus and menu boards.
- Tell schools to stop selling sodas, junk food, and sports drinks.
- Meatless Mondays....Go without meat one day a week.

More “Things You Can Do”

- Buy organic or sustainable foods with little to no pesticide use.
- Protect family farms, visit your local farmer’s market.
- Make a point to know where your food comes from – READ LABELS.
- Tell Congress that food safety is important to you.
- Demand Job Protection for farm workers and food processors, ensuring fair wages and other protections.



Learn More About It

- The movie, *Food, Inc.* is based on two books:
FAST FOOD NATION, by Eric Schlosser
THE OMNIVORE'S DILEMMA, by Michael Pollan
- READ THE BOOKS -- SEE UUFH LIBRARY
- SEE THE MOVIE

NEXT THURSDAY, MARCH 17, AT 7 P.M.,

UUFH Fellowship Hall

Sponsored by the UUFH Social Justice Team.