

TODAY, MANY CONSUMERS ARE SWITCHING TO LOCAL, SUSTAINABLE FOOD – THEY’RE SHOPPING SMARTER, EATING HEALTHIER, AND ENJOYING FRESH FOOD.

In the United States, members of **Slow Food USA**’s 225 chapters honor the amazing bounty of food that is available and work to strengthen the connection between the food on our plates and the health of our planet. **Sustainable Table** celebrates the exciting shift to local and sustainably raised food, while educating

consumers about the issues, showing them where to shop, and offering ways to get involved. One place to start re-educating yourself and your Slow Food on Campus chapter is the Meatrix series, created by Sustainable Table. Use the storyboard below to get started.

FIRST, WATCH



The Meatrix, The Meatrix II: Revolting, and The Meatrix II½ expose the dirty truth behind today’s industrial meat and dairy production.
www.TheMeatrix.com



The films feature three superhero farm animals: Leo, a young pig who wonders if he is “the one,” Chickity, the feathered family farm defender, and Moopheus, the trench-coat-clad cow with a passion for green pastures.



They delve into the reality of animal cruelty, antibiotics, pollution and destroyed communities, while looking for ways to save small family farms.

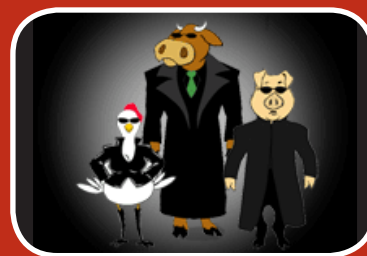
AFTER, TAWK AMONGST YOURSELVES



Addressing meat production as an important component of sustainable agriculture is essential to improving the food system.



Food-borne diseases sicken 76 million people and kill 5,000 Americans every year; isn’t it time to get smart about eating meat?



After the screening, discuss strategies for making safe and wise meat choices as individuals and as a campus community.



The following questions aim to encourage dialogue about sustainable meat and strategies for increasing healthy and safe meat sources on campus.

The recession has sent many urban Americans back to home cooked meals. What skills must people learn to become seasonal and sustainable eaters?

What are some strategies for persuading food service providers to prepare seasonal menus?

What if your dining hall doesn't label where the food comes from? How can you encourage labeling?

If you get meat from a farmers' market, are there questions about how an animal was raised that should affect your choice?

Meat is not the enemy. How does meat fit into a healthy and sustainable diet? Where can people go for information about meat?

Many farm workers are treated and paid poorly. How can you encourage your dining hall to source from providers that treat farm workers fairly?

How can you bring some of the changes from your campus community to your home community?

Where are there gardens, farms and food co-ops in your area?

What exactly is organic food and is everything labeled as such really organic?

What should consumers know about meat sources and freshness?

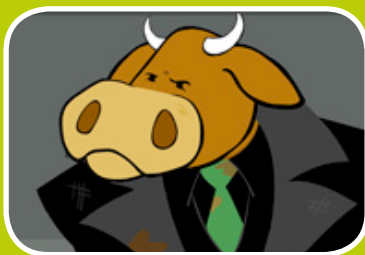
**THEN,
READ MORE**



Delve further into the issues surrounding factory farming and learn how to ask the right questions at www.sustainabletable.org.



For farms, markets and restaurants selling sustainable food in your area check out www.eatwellguide.org



And, to get ideas about how to continue organizing around good food on campus visit <http://bit.ly/sfoncampus>.