



## OTHER WAYS TO TAKE ACTION

---

Being a real food advocate doesn't end with signing a petition, writing a letter or even organizing an Eat-In. Here are some other things you can do right now or after September 7, especially if you're a parent:

- **Cook with your family and friends.** Get your kids involved. Test recipes. Learn from each other. Eat dinner together whenever you can.
- **Go to farmers' markets.** Shake the hands that feed you. Bring your kids. Meet other people in your community who support and enjoy real food.
- **Grow your own food.** Plant a garden. Again, get kids involved. Go to or host gardening and cooking classes.
- **Build your food IQ.** Learn which foods you like, where they come from, which are easiest to cook and which are healthiest for you and your kids. Talk about it with friends. Read books about food. You can learn about what's wrong with industrial agriculture and what's right about sustainable farming at <http://sustainabletable.org/issues>.
- **Have lunch in your child's school cafeteria.** Learn what your kids are eating. Ask to see ingredient lists. [Before you go, download Better School Food's lunchroom checklist.](#)
- [Become a member of Slow Food](#), if you aren't one already. Get involved in your local chapter. Support the movement.
- **Start a Slow Food chapter in your area.** Slow Food chapters organize communities to share and support good food. Many also start school gardens through the "Slow Food in Schools" programs. Learn more at [slowfoodusa.org](http://slowfoodusa.org).
- **Join a parent group** like your school's PTA. Tell them that real food is a priority, and help out with projects.
- **Stay informed.** [Better School Food](#), [Lunch Lessons](#), [School Lunch Talk](#) and [The Farm to School Network](#) are good places to start.