



food patriots

Be a food patriot! Want to make changes in your eating habits but not sure where to begin? Intimidated by all the confusing news about how to eat? We agree it's hard to get started, so look at where you are now and make small changes you can live with. You are capable of a 10% change, so give it a try! Here are 10 suggestions to get you started:



Ask! It's not rude to ask about food! Ask where it comes from, how it was grown, how the animals are treated. You deserve to know and you'll likely find the conversations are enlightening.



Shop the outside aisles at the supermarket! This is where you'll find fresher items with less processing.



Cook! You've seen the cooking shows, now put it in action. And remember, buy fresh, seasonal ingredients and your cooking can be simple - let those wonderful fruits and veggies shine!



Eat as a family! Sit down together over a meal and conversation - you're more likely to eat slower and eat less, plus you'll catch up on everyone's lives. Sound impossible? Try it once a week. Single? Start a dinner club.



Shrink the quantity of meat on your plate! Ramp up the veggies - does that steak look large? It probably is. Cut it in half for two people or slice it onto a salad.



Eat prepared foods that have fewer ingredients! For extra credit, be sure you can pronounce everything on the ingredient list.



Buy from farmers markets! Befriend a farmer and you're well on your way to eating better. They are proud of the healthy food they grow for you so take advantage of it.



Grow your own! There is nothing as tasty as a tomato you've nurtured. Garden with kids and you'll find they are far more willing to try new foods because they're invested in them.



Buy meat and poultry raised without antibiotics. Healthy farm animals eat 80% of all antibiotics in their food and water. This creates 'superbugs' and makes antibiotics less effective to treat sick people.



Join Food Patriots and teach others! If we convince one another to make small changes, we can pressure the food system to supply us with better food and become a healthier as a nation.



→ Why?

Food Patriots begins with a wake up call: our son got sick eating chicken contaminated with a superbug, and antibiotics failed. Our personal story of changing the way our family thinks about food, starting a garden and getting backyard chickens leads to a discovery of a social justice movement all around us that is changing the way America eats.

When it comes to healthcare, the environment, jobs and national security; changing the way America eats is the post patriotic thing we can do. We call the people who are doing this **food patriots**.

→ What Can I Do?

Food Patriots film and public events offer inspiring stories and a practical approach: change what you buy and what you eat by 10%. Think: local, fresh, organic, and raised without antibiotics. We vote with our food dollars. Together **Food Patriots** send a powerful signal to the marketplace, and we demand change.

→ Join Food Patriots:

www.FoodPatriots.com/Join

→ Host or participate in a screening event:

www.FoodPatriots.com/Screenings

→ Become a sponsor:

www.FoodPatriots.com/Sponsor

→ Sign our petition to get the risk of superbugs out of school lunches:

www.Change.org/SchoolLunchSuperbugs

