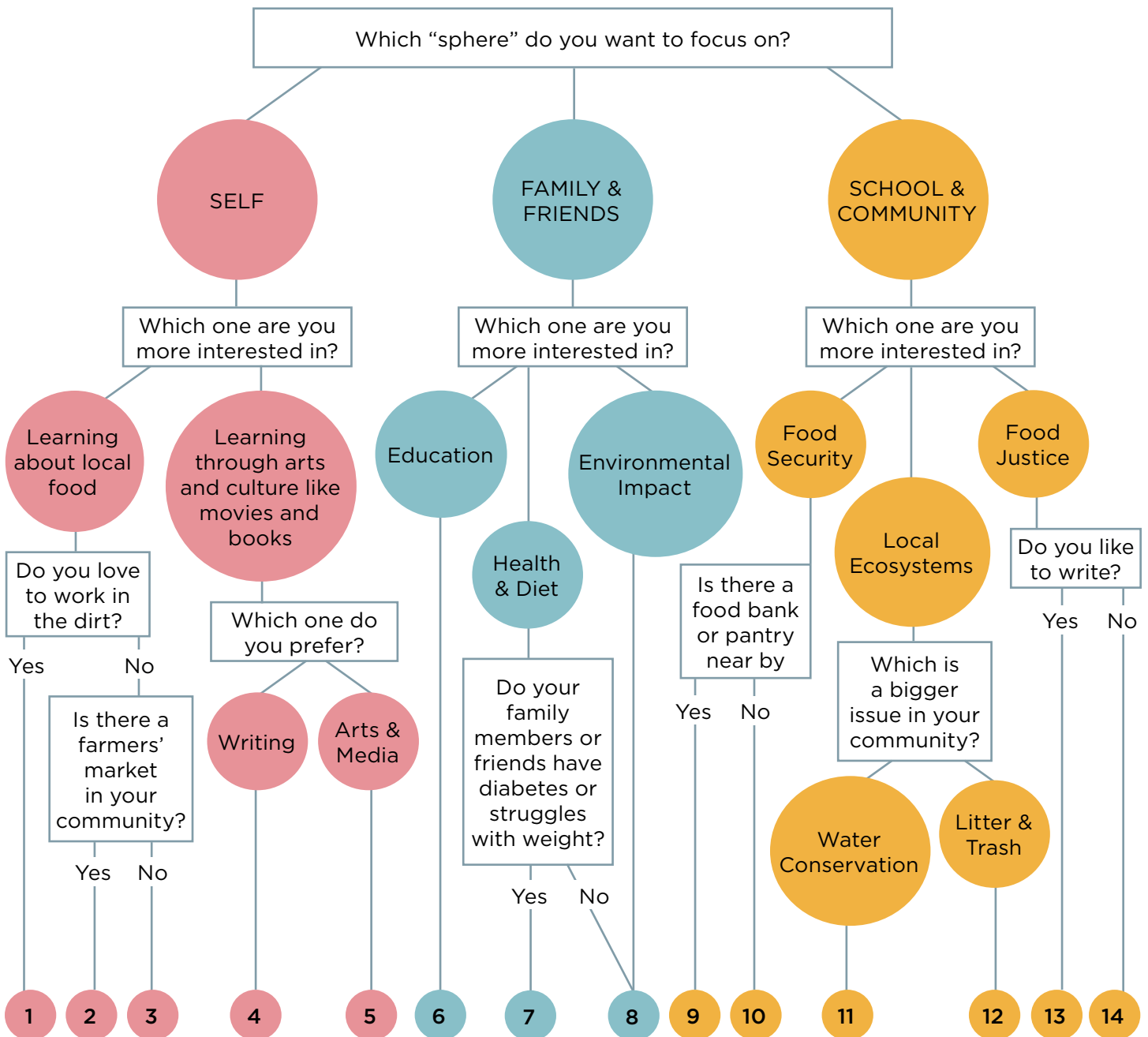




## CHOOSE YOUR FOOD SYSTEMS ADVENTURE

Instruction: Follow the path to find a food systems adventure that fits your interests.





<p><b>1</b> You might like to partner with a Master Gardener and learn to grow food at a school or community garden. Contact your Cooperative Extension Master Gardener Volunteers for more information.</p>	<p><b>2</b> You might like to visit a farmers market information booth and get to know the vendors and their local products. Get in touch with your local 4-H at your county Cooperative Extension to learn about fairs and markets in your community.</p>
<p><b>3</b> You might like to find out about food assistance programs in the grocery stores in your area. Contact your Cooperative Extension Supplemental Nutrition Assistance Program-Education program for assistance.</p>	<p><b>4</b> You might like to keep a food system journal for a week to document how you interact with the food systems throughout the week.</p>
<p><b>5</b> You might like to attend a movie screening or watch a movie about a food system issue that interests you most.</p>	<p><b>6</b> You might like to attend a class with your family and/or friends to learn strategies to reduce the negative impacts of our food (try cooking from scraps, gardening, composting, recycling). Contact your Cooperative Extension Master Composter program.</p>
<p><b>7</b> You might like to co-create a recipe that uses healthy, low-budget, local, and seasonal ingredients together with your family and/or friends. Contact your Cooperative Extension Supplemental Nutrition Assistance Program-Education program for recipe ideas.</p>	<p><b>8</b> You might like to co-create a list of food choices with your family and/or friends based on what are the most healthy or the least healthy for our body and our environment. Contact your Cooperative Extension Nutrition staff for help.</p>
<p><b>9</b> You might like to volunteer at a soup kitchen, a food pantry, or a food bank and learn about food security. Contact your Cooperative Extension Supplemental Nutrition Assistance Program staff for emergency food providers.</p>	<p><b>10</b> You might like to organize a food drive event to help out your neighbors. Contact your Cooperative Extension Supplemental Nutrition Assistance Program staff to get started.</p>
<p><b>11</b> You might like to participate in a waterway cleanup or conserve water through rain barrels at a community garden. Contact a Watershed Coalition or a Soil &amp; Water Conservation District in your area.</p>	<p><b>12</b> You might like to organize a recycling and composting program for your school or your group. Reach out to the Cooperative Extension staff who work on environmental education in your community.</p>
<p><b>13</b> You might like to write an article for your school or local newspaper on the right of communities to produce, distribute, access, and eat healthy and culturally appropriate food.</p>	<p><b>14</b> You might like to support policies for land access by joining a local organization. Reach out to your Cooperative Extension Ag and Natural Resources staff to learn about land access policies in your community (community garden access, farm incubators, etc.)</p>

**Brought to you by:**



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