

#3Things4FOOD IDEAS FOR ACTION



We're committed to doing **#3Things4FOOD**.
Please join us on our journey – share your ideas on [Facebook](#) and [Twitter](#).
We'll add to this list regularly based on your input.
Here are some ideas we are suggesting to get started:

GET TO KNOW WHAT MATTERS IN YOUR COMMUNITY:

Bring together or talk to community members that intersect with food issues to learn more about food and the activities in your community. Find your passion and act on it.



Meet with your local, provincial or national government representative to discuss the pressing issues that food touches in your community.

Work with your municipal leaders and food organizations to develop a local food charter or policy council.

Plot a food access map with neighbours and local food groups to find out where you can buy/source food in your community and look at the trends by neighbourhood.

Find a way to cook together each week. Enjoy the culinary, social and cultural benefits of sharing and preparing food with your family and/or community.



Host an intergenerational/cross-cultural food exchange event.

Host a movie and kitchen table talk. (Movies such as: *Food Inc.*, *Supersize me*, *Feeding Nine Billion*, *Forks over Knives* etc). Identify issues in your community that are raised in the documentary.

GET TO KNOW YOUR FOOD:



Get to know a local farmer or fisher. Try to source at least one item from a producer near you or ask for it at your local grocery store/restaurant. Try a [Community Supported Agriculture](#) or [Community Supported Fishery](#) (like [Off The Hook](#) for example).

Read labels to learn about your food's origin. [Are Nova Scotians eating local?](#) [Where is our food coming from?](#) is a great resource about reducing food miles.

Ask your restaurateur or local grocery store: where does this food come from?

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GET TO KNOW YOUR FOOD:



Pledge to spend 10 per cent of your food budget on local food.

Use new technologies to act on food issues, for example, learn about pesticide exposure by using the [What's On My Food?](#) app or find out where your seafood comes from with [ThisFish](#).

Grow the local supply chain. Become a shareholder in a Community Shared Agriculture farm or invest in a local food hub or coordinated transportation network. There are so many ways to support a more sustainable food system.

INCREASE HEALTHY FOOD CHOICES:

Donate a healthy option to your local food bank or help secure food from local farmers.

Seek out ways to add food literacy programs, community gardens, and/or other activities that help address root causes of food insecurity in your community.



Learn about and work with at least one community institution (schools, hospitals, government offices, etc.) to procure healthier, local, and/or sustainable food options.

Rethink your next event or program. Think about how you can acquire healthy, local and/or sustainable food and drink. Talk and work with your caterer to find sources of local food.

THINK SUSTAINABLY:



Next time you buy food/drink, ask how your provider is finding ways to curb food waste. Examples include composting, better labeling of dates on use-by stickers, donating leftovers to food rescue charities, etc. Great examples are [Hidden Harvest](#) or [Second Harvest](#) who source food that would otherwise go to waste.

With other community members, calculate the food miles/kilometers your average meal costs. Challenge each other to see who can reduce theirs the furthest.

Grow/create at least one food item.

Be adventurous and find food varieties that you haven't heard of before. We are seeing a decrease in the biodiversity of our food (did you know that just 30 crop species dominate global food production and 90 per cent of our animal food supply comes from just 14 mammal and bird species? [\(source\)](#)). With such a limited number of sources, we are more vulnerable to environmental changes and disease.

