



Action Tips and Resources

Would you like to take steps beyond your Covenant? Here are some additional tips and resources to help you promote good health for yourself and your family and a healthy environment for Earth:

IN YOUR HOME

- ❑ Buy food in bulk – reduce packaging.
- ❑ Buy foods that have been processed as little as possible.
- ❑ Use reusable cloth bags for groceries instead of paper or plastic bags.
- ❑ Re-use food containers.
- ❑ Eat local foods in season instead of imported out-of-season foods.
- ❑ Sign up with a community supported agriculture (CSA) program and receive your produce directly from a local farm.
- ❑ Shop at farmers' markets and food coops.
- ❑ Buy organic produce and grains.
- ❑ Compost food scraps (excluding meat products) to reduce garbage and enrich the soil.
- ❑ Start your own garden.

FOR THE GREATER COMMUNITY

- ❑ Ask produce managers at grocery stores to stock local and organic foods and to mark them so that customers can make informed choices.
- ❑ Thank grocery stores that do offer local and organic foods.
- ❑ Ask local papers to provide more coverage of local food and to include more vegetarian and vegan recipes.
- ❑ Ask restaurant managers to offer more vegetarian and vegan alternatives and to use more local and organic food.
- ❑ Ask state and national legislators to support labeling of genetically modified foods.
- ❑ Tell at least three people you know – family, friends, and co-workers – about this program.

COOK BOOKS/MAGAZINES

Italian Vegetarian Cooking by Jack Bishop
Moosewood Cookbook series by Mollie Katzen
The Voluptuous Vegan by Myra Kornfield
Diet for a Small Planet by Frances Moore Lappe (1982 edition)
The Greens Cook Book by Deborah Madison with Edward Espé Brown

Vegetarian Cooking for Everyone by Deborah Madison

Laurel's Kitchen by Laurel Robertson, Carol Flinders and Bronwen Godfrey

Vegetarian Meals for People on the Go by Vimala Rodgers

Vegetarian Times (www.vegetariantimes.com)

OTHER INFORMATIVE BOOKS

The Green Kitchen by Annie Berthold-Bond (1997)

The Consumer's Guide to Effective Environmental Choices by M. Brower and W. Leon (1999)

The China Study: Startling Implications for Diet, Weight Loss and Long-Term Health by T. Colin Campbell and Thomas M. Campbell (2004)

Disease-Proof Your Child: Feeding Kids Right (2006) by Joel Fuhrman

Genetic Engineering: Dream or Nightmare? by Mae-Wan Ho (1998)

Hope's Edge: The Next Diet for a Small Planet by Frances Moore Lappe and Anna Lappe (2001)

The Omnivore's Dilemma by Michael Pollan (2006)

Pillar of Sand: Can the Irrigation Miracle Last? by Sandra Postel (1999)

Diet for a New America by John Robbins (1987)

The Food Revolution by John Robbins (2001)

Fast Food Nation by Eric Schlosser (2001)

Stolen Harvest: The Hijacking of the Global Food Supply by Vandana Shiva (2000)

USEFUL GENERAL WEBSITES

COOP America: www.coopamerica.org

Council for Responsible Genetics: www.gene-watch.org

Center for Science in the Public Interest:

www.EatingGreen.org

Davis Farmer's Market: www.davisfarmersmarket.org

EarthSave: www.earthsave.org

Food Alliance: www.thefoodalliance.org

Institute for Food and Development Policy:

www.foodfirst.org

Humane Farming Association: www.hfa.org

New American Dream: www.newdream.org

Organic Consumers Association: www.purefood.org

Physicians Committee for Responsible Medicine;

www.pcrm.org

Union of Concerned Scientists: www.ucsusa.org

Worldwatch Institute: www.Worldwatch.org