



# Vote with Your Fork! Pledge

**I pledge to make at least one change in my eating habits from the list below in the next month:**

- 1. Support a local farmer.** Buy directly from a local farmer at least once this month. You can shop at your local farmer's market, buy a Community Supported Agriculture (CSA) share, or stop at a farm stand. Other options include canned and frozen local produce. When you buy directly from a farmer, your entire food dollar goes to the farmer and remains in the local economy.
- 2. Host a local foods potluck** where all major ingredients are sourced locally. This is a great way to learn what's in season and what we grow in Oregon. Using just-harvested ingredients at the peak of ripeness makes for a delicious dinner!
- 3. Make one meal this month entirely from organic or sustainably produced ingredients.** This supports the kind of farms and food businesses that put your health and the environment first. Organic food has half the carbon footprint of conventional food.
- 4. Grow your own — start an organic herb and vegetable garden.** It's easy to grow some of your own food. Start with kitchen herbs, tomatoes or sugar snap peas — they're very easy and rewarding. You can't eat more local than your back yard or community garden.
- 5. Stretch yourself — learn a new food skill** such as preserving (making jam or canning tomatoes), cheese making, foraging wild mushrooms, bread baking or mastering a new seasonal recipe.
- 6. Eat less meat.** Substituting vegetarian meals one day a week is equivalent to driving 1,000 fewer miles per year (Portland to Los Angeles) and benefits your health.
- 7. Eat real food.** Cook a meal from scratch at least once a week using ingredients your great-grandmother would recognize as food. Fresh whole foods with minimal processing and packaging are energy efficient, use fewer chemicals and create less waste — good for you and the planet.
- 8. Compost your food scraps.** Compost makes great soil for your garden, slows global warming, and saves landfill space.
- 9. Start a discussion group to learn more about our food system.** There are suggestions for books, films and topics on our website at [www.oconline.org/fork](http://www.oconline.org/fork).
- 10. Empower yourself to change the system.** Ask your local grocery store and restaurants to carry locally and sustainably grown produce, dairy, and meat. Encourage them to label where and how food is produced so that you can make informed food choices.
- 11. Sign up for our Vote with Your Fork! e-newsletter.** We'll send you new ideas for voting with your fork and keep you up to date on sustainable food trends. Sign up on the pledge below or visit [www.oconline.org/fork](http://www.oconline.org/fork).

**visit [www.oconline.org/fork](http://www.oconline.org/fork) for ideas on how to take action**

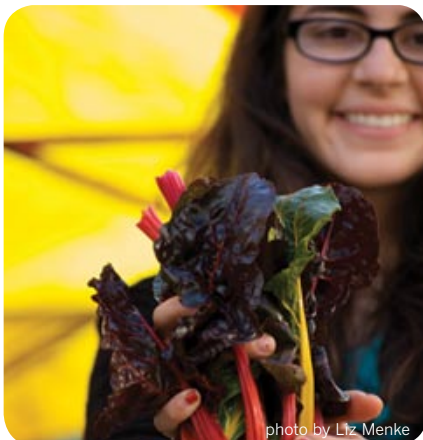


photo by Liz Menke



photo by Allison Jones



photo by Allison Jones