

Ideas for Taking Action: Churches



Individuals can...

Spread the Word about Good Food

- Use the [agenda briefs](#) to educate yourself and others about the issues important to your community.
- Write an article or letter for your local newspaper talking about why Michigan needs “good food” – food that’s healthy, green, fair and affordable.
- Ask five friends to sign the [Michigan Good Food Resolution of Support](#).
- Organize an event to celebrate and promote local foods with a community organization (examples: your church, your school, your local boy or girl scout troop, sports events, your neighborhood association) and distribute copies of the [2014 Michigan Good Food Charter Summary](#). [Contact us](#) for copies.

Buy, Grow and Eat Good Food

- Cook one meal a week using fresh local foods.
- Create a home menu plan for the whole week and incorporate at least 5 local foods.
- Include children and youth in cooking and food preparation.
- Make half your plate fruits and vegetables. Choose at least one fruit or vegetable that is grown in Michigan and is local.
- When eating out, choose restaurants serving locally sourced food items.
- Visit your local [farmers market](#) at least once a month for the whole growing season (May-October).
- Purchase a [Community Supported Agriculture \(CSA\)](#) share.
- Thank the manager at your local food retailer for stocking local products if they do. If they don’t, ask them to!
- Plant 3 edible herbs, fruits or vegetables and share them with a neighbor.
- Plant a [garden](#) or container garden.

Share Good Food with Others

- Teach a child in your life about a Michigan grown vegetable they did not know about.
- Teach a child in your life something about growing food.

- Preserve (can, dry, freeze or ferment) fresh vegetables or fruits from a garden or farmers market and share some with a neighbor.
- Volunteer at a nearby food bank or pantry.
- Help start a community garden plot to donate to a local pantry.
- Plant a fruit tree somewhere where a neighbor can benefit from it.

Advocate for Good Food

- Talk with the principal at your local school about the importance of including opportunities to learn about food and agriculture in the curriculum.
- Encourage teachers to celebrate events with Michigan foods.
- Talk with the planning commission in your community about the importance of ensuring access to healthy food and protecting farmland.

Your church can...

- Ask three other local faith communities you work with to sign the Michigan Good Food Charter Resolution of Support.
- If you don't already participate, join or attend meetings of a local food policy council or similar group in your area.
- Assess how goals from the charter can be incorporated into your church's ministry.
- Learn about Community Supported Agriculture (CSA). Offer your church facility as a drop off site for a CSA farmer and/or purchase CSA shares for your local food pantry.
- If your church buys food on a regular basis, choose to buy from Michigan farmers whenever possible. Check out Michigan Market Maker as one way to find local farmers.
- Participate in or sponsor a local food systems event or conference. Offer your church facility as a venue.
- Encourage volunteers to serve at a nearby farm or food pantry.
- Write an article about how your church's work aligns with the Michigan Good Food Charter and publish in your local newspaper, your own newsletter or the Michigan Good Food newsletter.
- Sponsor a community garden. Offer the use of church property for such uses.
- Facilitate meetings with others striving to meet the goals of the Good Food Charter to see how complementary actions will support the mission.
- Distribute copies of the Michigan Good Food Charter Summary to your congregation.
- If your church buys food, commit to sourcing as close to twenty percent of your food products from Michigan as possible.