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.

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