Take Action!
How will you use what you learned today?

Use Your Power
- As a consumer you can choose to use your dollars (or your family’s) to directly support local farmers. Join a farm subscription (called CSA – Community Supported Agriculture) or shop at local farmer’s markets. Find a farm and a farmer! [https://farm-guide.org/](https://farm-guide.org/)
- Your voice also has power – encourage the businesses where you buy food to join the [Domestic Fair Trade Association](https://www.domesticfairtrade.org/).
- [Eat for Good](https://www.eatforgood.org/) provides meal planning, seasonal and vegetarian recipes and how to cook smart, for you and the food system.

Tell a Friend
- Grab a friend and learn about your favorite foods through Oxfam’s [Behind the Brands](https://www.oxfamamerica.org).
- Share your knowledge, with your family, friends, neighbors, TikTok followers...you get the idea. Check out these guys for inspiration:

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<thead>
<tr>
<th>Farmworker Justice</th>
<th>Growing Culture</th>
<th>The Farm Worker Project</th>
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<tbody>
<tr>
<td>United Farm Workers</td>
<td>Real Food Media</td>
<td>Food Empowerment Project</td>
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Support Food Banks

Grow Your Knowledge
- Use [HEAL’s 10-point platform](https://www.heal.org) as a call to action and a compass for transformation.
- The [Rural Coalition](https://www.ruralco.org) is the place to hear the voices of farmers of color.
- Learn about what the [National Sustainable Agriculture Coalition](https://www.nsac.org) is doing for federal policy reform.
- The Food Worker Movement: [United Farm Workers](https://ufw.org) and [La Via Campesina](https://www.laviacampesina.org)

Grow a Garden
- [Growing grocery classes in Seattle](https://www.growhouse.org)
- There’s amazing [urban agriculture organizations](https://www.cityfarmers.org) right in your backyard!