

FOOD FOREVER

The Earth's 7.6 billion people are all connected by food. Food brings families and communities together across cultures, nourishing our bodies and souls. The food choices we make today will also have a tremendous impact on generations to come.

The best way to ensure our future food security is by developing **sustainable food systems** as an alternative to large-scale industrial farming.

While industrial farms provide most of the world's food, it comes at great cost. This kind of intensive agriculture degrades habitat and pollutes our soil, water and air with chemical fertilizers, pesticides and greenhouse gas emissions, caused by transporting food over vast distances.



How far has your food travelled to reach your plate? Veggies don't wear step trackers so take a guess. A few kilometers or across continents?



BEGIN AT HOME!

Make a difference! **Support local farmers, start your own veggie garden or planter, or participate in a community farming cooperative.** These sustainable food systems conserve a greater diversity of crops for the future, provide us with fresh healthy food and reduce impacts on the environment. Healthy food for healthier kids, families and communities!