

## Taking Action—What One Person Can Do...

### Did something in this movie rile you up?

#### Keep the conversation rolling!

- Write, email, Facebook, and/or Tweet your legislators and friends to share one thing about Fed Up.
- Discuss food and agricultural issues with friends and family.
- Learn more about food systems, local laws about agriculture, and current advocacy through newsletters, books and websites. (Plus, sign up for GardenShare's e-newsletter after the film or at [office@gardenshare.org](mailto:office@gardenshare.org).)
- Send an empty paper plate to your legislator to emphasize the fact that many are food insecure.
- If you tend to eat lunch out, try brown bagging it; the food you make yourself is healthier and less expensive! Think about spending your savings on higher quality, locally raised food!
- Volunteer with local organizations like GardenShare or the Local Living Venture who are working to improve our local food system food security.
- Get involved in local politics by attending village, town and county meetings when you hear of proceedings that affect food sovereignty.

#### Reach out to those in need:

- Make a contribution to GardenShare's CSA Bonus Buck program.
- Share the harvest from your garden with a family you know or your local food pantry.
- Support and volunteer in a community garden.



[LocalLivingVenture.org](http://LocalLivingVenture.org)

## TELL THEM YOU'RE



#### FEDERAL

**Sen. Gillibrand, Kirsten (D)**  
478 Russell Senate Office Bldg  
Washington DC 20510  
(202) 224-4451  
[gillibrand.senate.gov/contact/](http://gillibrand.senate.gov/contact/)

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#### STATE

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**Sen. Joe Griffo (R)** (Potsdam, and straight north and south)  
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