

USE YOUR FORK, YOUR VOICE, AND YOUR VOTE TO

CHANGE OUR FOOD SYSTEM

- 1 **CHOOSE AND EAT LOCAL**
- 2 **AVOID ULTRA-PROCESSED FOOD (UPF)**
- 3 **REDUCE YOUR MEAT + DAIRY CONSUMPTION**
- 4 **DEMAND PROTECTION OF FARMERS**
- 5 **END SUBMINIMUM WAGES FOR TIPPED WORKERS**
- 6 **TELL YOUR ELECTED OFFICIALS TO ENFORCE ANTITRUST LAWS**
- 7 **PRIORITIZE HEALTHY MEALS IN SCHOOLS**



Open your camera and scan to learn more about the efforts to fix our broken food system



SCAN ME !

