

Some Suggested Activities to Follow Up to Menu for the Future

brainstormed by Lore Rosenthal, group member, updated Feb 2011

(listed in no particular order)

1. Support local farmer's markets and CSAs
2. Compile a list of local resources (Farmer's Markets, CSAs, Farms, locally produced green products and publish it on post it on a local website.
3. Share info on Fair Trade Products
4. Hold a "Sustainable Community Supper" once a month, potluck, open to others
5. Arrange for Cooking Classes using local fresh vegetables (vegetarian? vegan?)
6. Hold a Canning and Freezing Workshop (Bette Hoover from Eden Valley, Mike Tabor from "Licking Creek Bend Farm" CSA, Linsey Shelton from Acokeek)
7. Invite Master Gardeners to present a workshop or class on "Victory Gardens" (gardening in your own backyard) or "Container Gardens". They have a whole new program called "Grow It-Eat It" and are training new presenters.
8. Take a tour of the Community Garden plots in Greenbelt.
9. Visit Calvert Farms (and other local farms, vegetable, meat, pick-you-own)
10. Write articles/profiles for the local newspaper about each farm
11. Visit Horizon Farm factory/milk processing plant
12. Join the "Thoughts_on_Food" YahooGroup (Greenbelt) or "FoodPassionESA" YahooGroup (DC Metro)
13. Exchange recipes (through YahooGroup or in other ways)
14. Watch Food Movies together (see list below)
15. Help SMEI start more "Menu for the Future" discussion circles
16. Work with a local school to get more fresh vegetables on the menu
17. Interview several people who have backyard gardens. Write an article.
18. Interview several people who plant in the Community Garden. Write an article.
19. Visit local restaurants and stores; request local produce
20. Learn more about various food "movements": 100-mile challenge, slow food, raw food, raw milk, grass-fed meat
21. Visit Recycling Center
22. Visit Waste Water Treatment plant
- 23.

Videos about Food

Listed in our discussion guide

- A. Fast Food Nation (2006)
- B. King Corn (2007)
- C. The Power of Community: How Cuba Survived Peak Oil (2006)
- D. The Real Dirt on Farmer John (2005)
- E. Silent Killer: The Unfinished Campaign Against Hunger (2005)
- F. The Future of Food (2004)
- G. The GMO Trilogy: Seeds of Deception (2006)

Not in our discussion guide

- A. Food, Inc (2008)
- B. Fresh, the movie (2009)
- C. Ingredients (2009)
- D. Peaceable Kingdom (2004) (Animal Sanctuaries)
- E. My Father's Garden (1996) [WARNING: another movie, same title, 2002]
- F. Organic Opportunity: Small Farms and Economic Development (date?)
- G. Black Gold (2006) (Fair Trade Coffee)
- H. The Rave Diet (date?)