

# CHEW ON THIS!



## SOCIALLY RESPONSIBLE AGRICULTURE IS...

- An approach to agriculture that respects the environment, treats animals humanely, supports local communities, and is financially viable for farmers.
- Organic agriculture is based on the principles of health, ecology, fairness, and care, and is certified according to strict standards. No genetically modified organisms, synthetic chemicals or drugs (such as antibiotics and hormones) are used.
- Farmers using Holistic Management develop strategies to ensure that grazing, land management, and financial decisions result in healthy and productive land and a positive quality of life.
- Humane certification ensures animals have been raised according to strict humane standards. Labels such as SPCA Humane Certified are recognized by animal welfare experts.
- Pasture-raised livestock are not confined inside factory farms or feedlots. Raising animals on pasture provides them with the diet they need and allows them to behave naturally.

**Did You Know?** Livestock can help make a small farm economically viable by helping to control weeds and pests, promoting biodiversity, and improving soil fertility.

## Conscientious Eating CHECKLIST

Opt out of industrial production methods, including meat, dairy, soy, and vegetables.

Know where your food comes from.

Know the production methods used.

Support local and socially responsible producers.

Share your food knowledge with others.

Celebrate food and be proud of being part of the change!

### Beyond Factory Farming

Join the movement by visiting  
[www.beyondfactoryfarming.org](http://www.beyondfactoryfarming.org)  
and [www.eatwellguide.org](http://www.eatwellguide.org)

Call us free of charge  
1-877-955-6454

# THINK EAT ACT



AS CONSCIENTIOUS EATERS WE HAVE SHARED VALUES AND GOALS TO CHANGE THE INDUSTRIAL FOOD SYSTEM THAT IS DEVASTATING OUR NATURAL ENVIRONMENT, OUR HEALTH, AND OUR RURAL COMMUNITIES.

WHETHER CONSCIENTIOUS MEAT EATER, VEGETARIAN, OR VEGAN, WE ARE UNITED IN THE MOVEMENT TOWARDS A FOOD SYSTEM THAT PROMOTES SOCIALLY RESPONSIBLE AGRICULTURE, HEALTHY AND SAFE FOOD, AND THRIVING RURAL COMMUNITIES.

WE RAISE OUR VOICES TO RESPONSIBLE PRODUCTION, AND TO THOSE WHO CHOOSE TO EAT WELL.

Beyond  
Factory Farming



[www.beyondfactoryfarming.org](http://www.beyondfactoryfarming.org)

# CONNECT WITH FOOD

There are wheelbarrow loads of ways to make connections with food production, take your pick!

- Check out your local farmers' market.
- Join a community garden.
- Grow and raise your own food.
- Buy a share of a local farmers' harvest through a Community Supported Agriculture program.
- Sign up for a Good Food Box program and get fresh local food delivered to your door.
- Get to know your farmers and buy direct from the farm gate.
- Search local food directories for where to find good food in your area ([www.eatwellguide.org](http://www.eatwellguide.org)).



# HOW DO YOU EAT WELL?



## Conscientious Meat eater

*Rébecca Huot*

My husband and I have many conversations about our actions and their consequences, and are concerned about our children's future. As omnivores we eat meat a few times a week that is bought fresh from local farmers. We know the producers well, and know how their animals are raised. Buying locally is an important part of the economy and for us, it means being part of a community.



## Conscientious Vegetarian

*Natalie Gerum*

I'm a carrot-crunchin', tofu tastin', strawberry snackin', dairy drinkin' vegetarian! Plant-based foods use fewer resources than conventional meat production. I'm also a big fan of keeping the four-legged, feathered, and finned creature happy, which large-scale meat and fish production just can't make happen. Make it organic and local, two green thumbs up! Inch by inch, row by row, let's help a sustainable food revolution start to grow!



## Conscientious Vegan

*Chris Maxfield*

When I understood what happens in factory farms, frankly, I couldn't stomach it. As a vegan I have taken all animal products out of my diet. What factory farms do to the environment, animals, workers and rural folks made the decision an easy one. Their role in our current food crisis only strengthens my resolve. I have lost 25 pounds, lowered my blood pressure and cholesterol and I feel great.

## Food Tidbits – Choose well, eat well!

**Most food animals** produced in Canada are raised in confinement, and systematically given antibiotics and growth hormones. Industrial livestock operations lead to environmental pollution and threaten our food safety. Opt out of factory farmed meat.

**Intensive vegetable monocropping** (planting only one kind of crop successively) threatens biodiversity and degrades the soil of important nutrients. Soil needs variety and so do we, so support small scale, diversified farms that promote soil health and biodiversity.

**Industrial soy production** is linked to massive deforestation worldwide and is being exacerbated by the drive for bio-fuels. Often soy is genetically modified, which poses threats to the environment and has unknown consequences for human health. Be sure to choose certified organic soy.