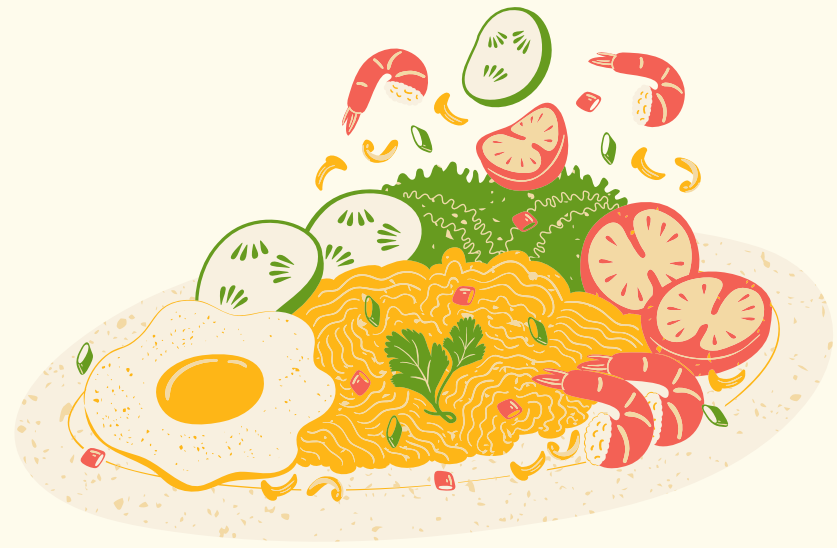


Go!

PART THREE OF THE HEALTHY SOIL CHALLENGE





where does my food come from?



By this point, you already know how important it is that our food is grown sustainably, with the soil's health in mind. As you might guess, a lot of food is not grown this way. In fact, the process of growing and making food accounts for around 1/4 of the world's greenhouse gas emissions.

If you can grow all of your food on your own or source all of your food from a sustainable farm, that is amazing! For many people though, that is not possible. you may not have the time, space, or resources to grow ALL of your food or maybe you don't have access to food from fully regenerative farms. That being said, we can try to ensure that we are doing all that we can to source our food sustainably. The first step in doing this is asking yourself,

"WHERE DOES MY FOOD COME FROM?"

find a farmers' market!

One of the easiest ways you can make sure you know how your food is grown is by going to a farmers' market! You may go to the farmers' market all the time, or maybe you've never been to one! If you live in the USA or Canada and don't already know of a market near you, find one using this link:

[LOCAL HARVEST.ORG](https://localharvest.org)



asking questions

When you are at the market, you can use page 9 of Kiss the Ground's purchasing guide to learn about the types of questions you should ask your farmer! Here are a few examples -->

[purchasing guide](#)

- How do you keep your soil fertile? Do you add compost? Do you practice no-till agriculture?
- Do you use synthetic (not natural) fertilizer, fungicide, or herbicides?
- Do you rotate crops? Different crops have different nutrient requirements. By rotating them to different places on the farm, you can ensure that fields don't run low on one nutrient or another.





going to a store?

PRODUCT LABELS 101

Learn how to read the labels on food products to figure out what is grown or sourced sustainably. If you live in the United States, the next slides will give you a quick guide on how to interpret the labels on store items.

certified regenerative by a greener world



If you see this label on a product, it is a good sign! This label means that the crop production:

- cannot include GMOs or antibiotics
- requires showing the carbon emissions and storage
- requires biodiversity
- monitors the soil health and measures it for improvement in health



demeter certified biodynamic



This is also a good label to look for. This label means that the crop production:

- cannot include GMOs or antibiotics
- does not include industrial pesticides or synthetic (not natural) fertilizers
- requires showing the carbon emissions and storage
- requires biodiversity

*This label does not require the soil to be measured for improvement in health and carbon storage, but some soil health observation is required.



regenerative organic certified gold

If you see this label on a product, this is great!

This label means that the crop production:



- cannot include GMOs or antibiotics
- requires showing the carbon emissions and storage
- requires biodiversity
- monitors the soil health and measures it for improvement in health
- does not include industrial pesticides or synthetic fertilizer



real organic project

This is also a good label to look for. This label means that the crop production:



- cannot include GMOs or antibiotics
- does not include industrial pesticides or synthetic (not natural) fertilizers
- requires the soil to be measured for improvement in health and carbon storage
- requires biodiversity

*This label does not require showing the production's carbon emissions and storage.



label activity:

look for a label on a product you have at home or you find in a store. Then, use the guides below to find out what the farm needed to do to get that label!

DAIRY

CHICKEN

GENERAL FOOD LABEL GUIDE

EGGS

BEEF



eating at a restaurant?

It can be scary, but if you feel comfortable, ask chefs about how they source their food! you can use page 13 of Kiss the Ground's purchasing guide that you used earlier to learn about the types of questions you should ask the restaurant! Here are a few examples -->

purchasing guide



- Do you buy from local farmers?
- Do the farmers you buy from invest in healthy soils?
- Are your meats pasture-raised, grass-fed, and grass-finished?
- Do your dairy products come from animals that are pasture-raised and grass-fed?

These are probably not questions you should ask when you are ordering at a restaurant, but rather questions you should call or email with before you go! You could also arrange a time to meet with someone from the restaurant, if they are willing!

here are my sources!

check out these sites if
you want to learn more!

OUR WORLD IN DATA

KISS THE GROUND
PURCHASING GUIDE

FOODPRINT.ORG



now you can go to the
store or market
prepared!

HEAD BACK TO THE PROJECT PAGE AND MOVE ON TO STEP TWO!

