



## ALL THE TOOLS YOU NEED TO LAUNCH A FOOD LITERACY CAMPAIGN

Teachers, parents and students can also use the on-line toolkit as a roadmap for building a culture of health and awareness in schools. This free resource provides access to FoodFight workshops and curriculum, as well as partner programs focused on: gardening, cafeteria reform, cooking, fitness and food literacy certification.



### THREE STEP PROGRAM

1

#### BE AWARE

Why do we need to look beyond our plates? Eating has become a complicated business.

We need to understand the forces that shape our eating and buying decisions before we can make real and lasting change and become smarter and more empowered consumers.

2

#### EDUCATE

Food literacy education is the key to reversing the obesity epidemic and to healing a broken food system.

Learn how to navigate safely in a challenging food environment while mobilizing school community members in your efforts to promote healthier and more sustainable eating.

3

#### TAKE ACTION

Now that you've begun the process the learning about the problem, its time to let your voice heard and your actions felt.

Find ideas and links to extend your food education and advocacy efforts beyond the boundaries of your classroom and school.

SIGN UP TO GET STARTED

[foodfight.org/toolkit](http://foodfight.org/toolkit)



[info@foodfight.org](mailto:info@foodfight.org)



FoodFightNYC



FoodFightorg

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