

10 STEPS TO MAKE A DIFFERENCE

- **Read Labels and Make Smart Choices** – Be a responsible shopper.
- **Go Organic** – Buy more each week – consider the value.
- **Buy Locally and Seasonally** - reduce fossil fuel consumption from products being transported. Look at the label.
- **Rid your House of Toxins** – replace harsh cleaners and pesticides with earth-friendly cleaners.
- **Learn** – spend time asking questions, reading and learning about our relationship with soil and the foods we eat.
- **Ask your local Restaurants to Serve Organic Foods.**
- **Patronize Businesses that are Making a Difference** - Let them know you appreciate their efforts with your wallet.
- **Write** – Write letters, write congressmen, write newspapers, write in your own journal. Be heard.
- **Live a Whole Life** – From breathing to beauty, make it healthy from the inside.
- **Touch the earth** – from horticultural therapy at Descanso Gardens to planting a radish in your windowsill, touch the earth and celebrate!