

INGREDIENTS

Directed by Robert Bates

LIGHTS! CAMERA! ACTION STEPS!

34th cleveland international film festival

march 18–28, 2010 tower city cinemas let's go.

We believe that films like the one you just saw can change the world. At the CIFF, we present these films and the accompanying FilmForums to provoke thought, inspire dialogue, and spark ideas. Now we're taking it one step further by encouraging you to take action steps to address the issues you've learned about today. Get involved! Make change happen!

Generous support for Lights! Camera! Action Steps! is provided by Chuck and Char Fowler.

Speak Up

- Talk to five people about the film you saw today.
- Begin a conversation about your food at the dinner table—where it comes from and how it gets to you.
- Invite a health care consultant to join you in a community setting to share ideas about healthy eating. Email Jennifer Scofield at health_impact@ymail.com or call 216.906.8125.
- Share your thoughts by participating in the Cleveland-Cuyahoga County Food Policy Coalition's Quarterly Meeting on Local Purchasing, Wednesday April 7, 2010, 9:00 – 10:30 am, Trinity Commons at Cleveland State University. For more information contact David Pearl at 216.577.4218 or dep3@case.edu, or visit www.cccfoodpolicy.org.

Get Involved

- Support the Cleveland Botanical Garden's Green Corps students by purchasing fresh produce at local farmer's markets, and Ripe From Downtown salsa and vinaigrette at Heinen's. Or volunteer to plant, cultivate, and harvest community gardens with them. For these opportunities and more, contact Jesús Sánchez at 216.707.2821, or email jsanchez@cbgarden.org. Visit the Green Corps www.cbgarden.org.
- Encourage your child's school to request a performance of The Amazing Food Detective sponsored by Kaiser Permanente. Contact Merle R. Gordon at merle.r.gordon@kp.org for more information.
- Join the efforts of the Cleveland-Cuyahoga County Food Policy Coalition. Contact Morgan Taggart at 216.429.8238 or taggart.32@osu.edu, or David Pearl at 216.577.4218 or dep3@case.edu. Or visit www.cccfoodpolicy.org.
- Attend a "How to Build a Low-Cost Greenhouse" workshop at George Jones Farm and Nature Preserve in Oberlin, sponsored by the New Agrarian Center on Sunday, May 16, 2010. For a listing of workshops and more information, visit www.georgejonesfarm.org and click on the Education Link.
- Participate in City Fresh and purchase weekly "shares" from a mix of local farmers during the growing season. City Fresh also organizes volunteer activities to improve healthy food access. To meet some of the local market gardeners and to learn more, visit www.cityfresh.org.
- Attend a Cleveland Green Drinks event, a collaboration with the North Union Farmers Market, and join their family on Facebook. For more information, visit <http://www.facebook.com/pages/Cleveland-Green-Drinks/206998759064> or email greendrinksleveland@gmail.com.



clevelandfilm.org

more on back



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. . . continued from other side

- Plan a meal out at the Greenhouse Tavern where you can find locally produced and farmed food items on the menu. For more info: www.thegreenhousetavern.com. And for a listing of other area restaurants that support local farming, visit Slow Food Northern Ohio at www.slowfoodnorthernohio.blogspot.com.
- Seek local food items from your grocer or farmer's market. Zagara's Marketplace (www.zagarasmarketplace.com) makes identifying local products easy with Ohio Proud (www.ohioproud.com) labels on the shelf.

Stay Informed

- Visit the OSU Extension website and explore information about workshops, agricultural research, newsletters and technical assistance to help communities and individuals start gardens and urban farms. Visit them at <http://extension.osu.edu>.
- Join a social network such as Local Food Cleveland. You can meet people passionate about local food and share information about topics ranging from raising chickens to community gardening to local farmer's markets at www.localfoodcleveland.org.
- Sign up for the New Agrarian Center's newsletter to learn more about City Fresh, the Jones Farm, and other local food initiatives at www.gotthenac.org.
- Join the community of the North Union Farmers Market and locate local markets and a comprehensive index of resources by visiting www.northunionfarmersmarket.org.
- Visit the food co-op directory at www.coopdirectory.org for a listing of sites. Or for a listing of Ohio farmer's markets, visit www.farmersmarketonline.com and click on Open Air Markets.
- Find out what is happening on the national scene through the Community Food Security Coalition at www.foodsecurity.org.
- Attend the Cleveland-Cuyahoga County Food Policy Coalition's free SkillShare Community Workshop on Saturday, April 17, 2010. The all day event is designed to educate and bring awareness to various aspects of the food environment. Fifteen workshops will highlight a wide spectrum of interests, ranging from the individual to the community. Visit www.cccfoodpolicy.org for more information or contact Todd Alexander at c.todd.alexander@gmail.com or 330.283.5717.

Make a Donation

- Donate to the Cleveland Botanical Garden to support the work of Green Corps, a workforce training program for high school students who transform vacant lots into urban gardens. Visit www.cb garden.org.
- To support future screenings and the message of the film INGREDIENTS, visit www.ingredientsfilm.com.
- To support the City Fresh movement and the New Agrarian Center's efforts, donate through Network for Good at: www.cityfresh.org or www.gotthenac.org.
- To support the work of the North Union Farmers Market and their efforts to sustain locally-grown food, donate to their cause at www.northunionfarmersmarket.org and click on the Support Our Cause tab.

LET THE CIFF KNOW ABOUT THE ACTION STEPS YOU TAKE. Email us at action@clevelandfilm.org.

