



## **The Good Food Movement Needs You! (Or, How to be a Food Leader in Your Spare Time)**

Here are a few simple actions you can take to spread the word about making Ferguson a better place to eat for everyone and support our healthy food assets.

- 'Like' the [Ferguson Farmers Market](#), [United People Market](#), and [EarthDance Organic Farm School](#) on Facebook and other social media to keep up with local food opportunities.
- Visit the Ferguson Farmers Market and invite a friend who has never been there to join you.
- Join the United People Market, a local foods co-op grocery store in nearby Dellwood, offering farm-fresh produce, local and organic meats, dairy and dry goods.
- Ask a Ferguson restaurant if they source any ingredients locally and let them know you would like to see more local items on the menu.
- Make dinner from scratch with local ingredients and enjoy it with friends and family.
- Volunteer with a local food asset — the farmers market, a school/community garden, United People Market, or EarthDance!

If you are ready to make a big difference on behalf of healthy, local food . . .

Consider joining the EarthDance [Farm & Garden Apprenticeship](#). EarthDance's apprenticeship is a 5.5 month part-time training in organic food production and small farm operation.

Or find out more about The United People Market's Healthy Food Advocate Program. United People Market, in partnership with Dr. Millie Mattfeldt-Beman, Professor Emerita from SLU Dietetics & Nutrition Department, is offering a series of "train the trainer" classes to teach community members how to purchase healthy food at affordable prices, grow food at home, and prepare tasty and convenient meals using local healthy food. Advocates will be prepared to organize small gatherings of friends and neighbors to pass the skills along.

For more information about the Healthy Food Advocates program, contact Rev. Audrey Hollis, [Wil.audrey.hollis@gmail.com](mailto:Wil.audrey.hollis@gmail.com) 314-435-9179.