

OUR PROJECTS INCLUDE:

The Meatrix, The Meatrix II: Revolting, The Meatrix II ½

Spoofing *The Matrix* films while educating viewers about the problems with industrial farming, the Webby Award-winning *The Meatrix* is the most successful online advocacy film ever, with over 15 million viewers worldwide. The sequel, *The Meatrix II: Revolting*, exposes problems with industrial dairy farming, while *The Meatrix II ½* takes us inside a processing facility. Watch the films and request materials at www.themeatrix.com.



Eat Well Guide

This free online directory lists nearly 9,000 farms, stores, restaurants, and other outlets that offer sustainably raised meat, poultry, dairy, and egg products in the United States and Canada. Search by product, growing method, and/or region, or simply enter your zip/postal code at www.eatwellguide.org to find wholesome food in your neighborhood and when you travel.



CHECK OUT:

The Sustainable Table Blog

With daily news and commentary, our blog will keep you up to date with developments on food, agriculture, and sustainability. www.sustainabletable.org/blog

The Parlour

Join our online forum to discuss the latest issues in the sustainable food movement. www.themeatrix.com/forum

The Pasture Post

Each issue of Sustainable Table's online newsletter provides updates on our projects, as well as information to increase your knowledge about healthy eating. www.sustainabletable.org/newsletter



sustainable table

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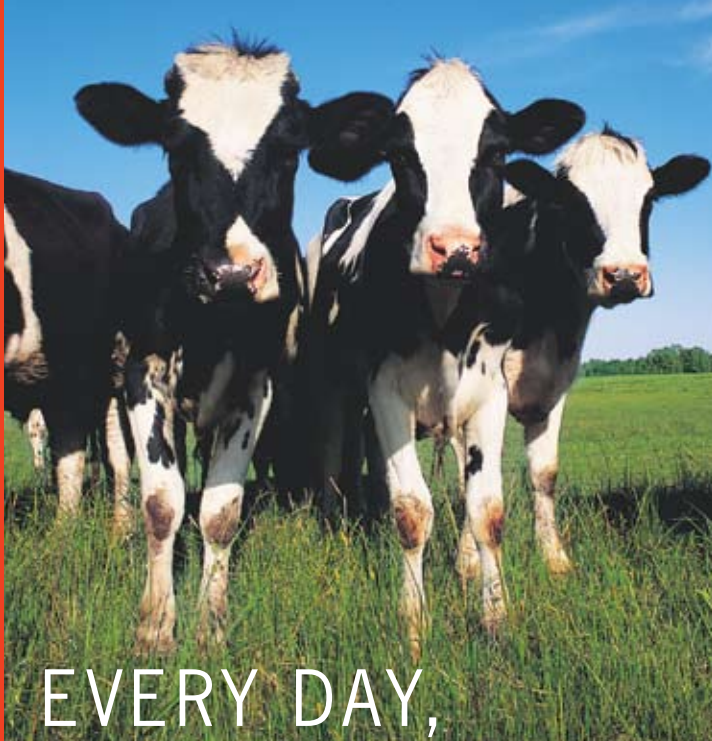
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sustainable table

Sustainable Table celebrates the sustainable food movement, educates consumers on food-related issues, and works to build community through food.

www.sustainabletable.org



EVERY DAY,

more and more consumers are switching to sustainable food—they're shopping smarter, eating healthier, and enjoying an abundance of fresh, locally-grown products.

Sustainable Table celebrates this exciting and dynamic food movement while educating you on the issues, showing you where to shop, and offering ways for you and your family to get involved. Join us!



What is sustainable agriculture?

Sustainable agriculture is a way of growing and raising food that is healthy to eat, doesn't harm the environment, respects workers, is humane to animals, provides a fair wage to the farmer, and supports and enhances farming communities. There is no "sustainable" label, so eating sustainably means understanding the issues, getting involved with your food, and knowing the people who grow and sell it.

What's wrong with the food we eat?

Today's dominant form of agriculture relies on synthetic fertilizers and pesticides, large amounts of water, major transportation systems, and factory-style practices for raising livestock. This way of producing food can be

described as industrial agriculture, or factory farming.

Industrial agriculture creates over-processed, over-traveled, and under-nourishing food that may contribute to health problems like obesity, diabetes, and heart disease. It also pollutes the air, land, and water, creating environmental and public health problems that cost taxpayers both money and quality of life. The large corporate entities that control industrial agriculture often drive sustainable and small family farmers—who care for their land, animals, and community—out of business.

How can I learn more?

Faced with issues such as antibiotic-resistant bacteria, artificial hormones, mad cow disease, and environmental degradation, the problems we face with today's industrial food system can seem overwhelming. Fortunately, sustainable food is becoming more and more accessible. Have you ever wondered what "grass-fed," "free-range," or "organic" really means, or what



"CSA" is? Sustainable Table is here to help you become an educated shopper. Sections on the website include:

- Factory farm and sustainable agriculture information
- Sustainable food dictionary
- Shopping guides
- Recipes and cookbook reviews
- Feature articles
- Teacher and student resources
- Ways to get involved

Where can I find sustainable food?

Check out Sustainable Table's Eat Well Guide at www.eatwellguide.org to find farms, stores, and restaurants in the U.S. and Canada that sell sustainably raised meat, poultry, dairy, and eggs.

How can I get involved?

There are many ways to get involved, from hosting a sustainable dinner party to opening a farmers market in your area. But don't overwhelm yourself. You can start by simply pledging to buy one food item from a local, sustainable source. When you're ready, add another, and then another. Get your friends to join you, and meet with them regularly to discuss tips and the best places to shop.

Sustainable Table also offers an extensive set of downloadable materials to get you involved. You can bring our "Questions to Ask" cards with you to the store, the farmer's market, or to your favorite restaurant. The questions will guide you in asking how the food you're buying was produced. With our popular "I Care" cards, you can let your favorite store or restaurant know you would like them to offer wholesome meat and dairy products from small local family farms.

At Sustainable Table you'll find extensive information, fascinating articles, and ways to become part of your local sustainable food movement—from understanding the many issues to finding mouth-watering recipes and sustainable ingredients.