

# FOOD DAY

OCTOBER 24, 2013

## It's time to Eat Real!

### What is Food Day?

**Food Day** is a year-round nationwide celebration and movement toward more healthy, affordable, and sustainable food, culminating in a day of action on October 24 every year. Created by the nonprofit Center for Science in the Public Interest and driven by a diverse coalition of food movement leaders and citizens, Food Day aims to bring us closer to a food system with "real food" that is produced with care for the environment, animals, and the women and men who grow, harvest, and serve it. Food Day 2012, the 2nd annual celebration, featured more than 3,200 events in all 50 states!

### Why should I get involved?

Food Day is a chance to celebrate what our food system does right and take action to address the pressing food issues we face:

- Poor diets cause widespread obesity, diabetes, and other diet-related diseases.
- Millions of Americans struggle with food insecurity and hunger.
- Vital food safety and anti-hunger programs are constantly under attack in Washington.
- Many food and farmworkers still labor in unfair, unsafe conditions, and animal welfare is often ignored.

The good news? By collaborating on events like Food Day, we can build the momentum needed to change the American food system.

### Some benefits of participation in Food Day:

- Connection to other food activists through the Food Day network.
- Presence on the national map at FoodDay.org or in the blog.
- Access to Food Day online resources and print materials.

### Who is partnering with Food Day?

Food Day's national partners (100+) include the American Public Health Association, National Sustainable Agriculture Coalition, Farmers Market Coalition, and many others. Notable food activists such as Morgan Spurlock and Daphne Oz serve on our Advisory Board. Find a full list of our partners and advisors at FoodDay.org.



### How can I participate?

In 2013, Food Day seeks to inspire community action in every city and state in the country, with individuals and organizations coming together on and around October 24 to learn, debate, and mobilize to improve our food system and the American diet. Here are some ways you can get involved:

- Become a volunteer community coordinator or connect with a coordinator in your area.
- Host an event, whether it is a private healthy potluck dinner using Food Day recipes, a movie screening, rally, conference, petition-signing event, or other activity, and post it on the map.
- Check out the Food Day Resources page for more ideas. The Food Day team is here to support your organizing with informational webinars and guides for schools, campuses, media, and more.
- Sign up for email updates through [www.FoodDay.org](http://www.FoodDay.org), follow @FoodDay2013 on Twitter, and "Like" Food Day on Facebook!



Visit [www.FoodDay.org](http://www.FoodDay.org) to become a host or coordinator, email us at [foodday@cspinet.org](mailto:foodday@cspinet.org), or call 202-777-8392.

Thank you! We hope you will join this nationwide celebration of real food.