Industrial Agriculture

• Monocultures
• Pesticides
  • Environmental Consequences
• GMOs
  • Benefits
  • Controversies
• Subsidies
Industrial Agriculture

- CAFOs
- Antibiotics
- Waste
- Soil Depletion
  - Nutrient deficiencies associated
Alternative Farming Methods

- Small scale farming
- Biodiversity
- Hands on
- Minimal Pesticide Use
Alternative Farming Methods

• Animals
• Minimal Antibiotic Use
• Waste
• Soil Health
Ways to get involved

• Buy local
  • Real Food Challenge
• Grow a garden
• Join a CSA
• Cooking
• Compost
• Ask questions
Real Food Challenge

- Specific criteria and certifications researched for RFC
- Four sections that qualify a food as real:
  - Fair
  - Ecologically sound
  - Humane
  - Local and community based
- Local criteria that qualify a food as real
- Fighting industrial agriculture
Syracuse University and the RFC

- Process:
  - Product invoices
  - Invoice research
  - RF Calculator
  - Research alternatives
- Future Interns:
  - Research alternatives
  - Build supplier relationships
  - Implement menu changes
  - Market changes to students
GROW A GARDEN
COMMUNITY
SHARED
AGRICULTURE
Preservation Techniques

- Use the whole product
- Pickling
- Fermentation
- Canning
- Freezing
- Be adventurous
- Expiration Dates
COMPOSTING
Ask Questions

• Get to know your farmer
• Determine what is important to you