



Green Umbrella
Impact Teams

**Faith Communities
Go Green**

Faith Communities Go Green Impact team Education/Lifestyle Working Group

“Take Home” Flyer of Experts’ Tips

(Gathered from our event of Movie & Discussion on ‘Kiss the Ground’ movie on 1/23/22)

In our efforts to educate and inspire faith communities to adopt simple changes in their lifestyles to care for creation and help to keep our planet as healthy as we can, we request you to please promote the showing of this movie, ‘Kiss the Ground’, in your faith congregation and share these perspectives and tips from our experts with others.

Nicole Gunderman
Executive Director
Gorman Heritage Farm

“The movie Kiss the Ground is a great tool in educating people about agriculture, nutrition, sustainability, and the environment. ***It educates the viewer about production methods that both grow food, and support the environment, by restoring ecosystem services like carbon sequestration, soil-building, and water retention.*** In a really a clear and beautiful way in which the film introduces these concepts to consumers, empowering them to make changes by making food choices that support this work on a local, national and international level. Many people who already care deeply about nature and the environment do not realize the significant negative impact that agriculture can have. Kiss the Ground is inspiring because it not only illustrates the negative, but offers hope for the future. Without hope, we can have a tendency to throw up our hands and give up. This film inspires the viewer to care, to make personal changes, and to advocate for systemic change”.

Tips for us from Nicole

- 1. Shop local.** Invest in your local economy by shopping at farmers’ markets, farm stands and specialty shops. Especially meat if you are an omnivore!
- 2. Demand local.** If you can’t find local foods at your grocery store, ask to speak to the manager and request that they source local products.
- 3. Buy regenerative meat.** Farmers need customers to buy their product, otherwise they won’t be able to do this important work.

4. Be a Regenerative Omnivore. A responsibly-sourced omnivore diet can have a really positive environmental impact. “It’s not the cow, it’s the how” is a statement that calls out the difference between conventional and regenerative beef production.

5. Understand hidden costs. Inexpensive food has hidden costs that are not included up-front but a big impact (environmental, workers' rights, humane care, etc.). The issue of food access and affordability is important and complex, but if you are in a position to pay the higher up-front cost for food that is raised locally, sustainably, regeneratively, humanely and in support of workers’ rights, it is imperative to do so. Over time this support will help bring the cost down for everyone.

Jim Linne

Regenerative Farmer

White Clover Farm

"Why I think everyone should watch the Kiss the Ground movie is to understand the principles of regenerative agriculture. In view of the current environmental crisis with loss of biodiversity, contamination of our waterways, loss of topsoil, and global warming, one needs to understand the environmental consequences of **how** we produce our food. Besides producing healthy food, regenerative agriculture generates significant natural capital in the form of soil microbe, plant, insect, bird, and wildlife biodiversity. It improves water infiltration and water holding capacity. All of these ecosystem services benefit the watershed. ***When you support local food grown regeneratively, you are contributing to the health of your own watershed***".

Tips for us from Jim

1. My tip would be to consider value and not just price when making a decision to buy regeneratively produced food. **Nutrient dense food is an investment in your health.** Healthy soil is the foundation of our health.
2. I would also like to recommend ***Braiding Sweetgrass*** by Robin Wall Kimmerer. This is one of the most inspirational books that I have read on the relationship that we humans should cultivate with the natural world.

Drausin Wulsin
Regenerative Farmer
Grassroots Farm and Foods

“One of the virtues of *Kiss the Ground* is it shows how complex the process is to raise nutrient-dense food. In the absence of synthetic fertilizers, only animals can catalyze the fertility needed to grow food. And animals are difficult to manage, requiring skill that is uncommon, but can be learned. Despite and within this challenge, fabulous nutrient-dense food is successfully grown in local regions, which is encouraging. Not only is this food nutritionally excellent, it also provides a means by which consumers can invest in mitigating environmental degradation. Food grown in the manner described by this film regenerates soil. Regenerated soil sequesters carbon and water, builds organic matter, and increases microbial life. ***Every 1% point increase in organic matter per acre captures 10,000 lbs of carbon from the atmosphere and stores it in the soil.*** Many regenerative farmers are doubling and tripling the organic matter in their fields, which sequesters carbon and thus offsets pollution from fossil fuels. Consumers who support regenerative farmers are actively participating in this form of mitigation. They can feel good about making a difference in the environmental challenge we all face. They are walking their talk about environmental justice through the foods they eat.

Tips for us from Drausin

My tip is for everybody to **find regenerative family farmers and support them** through thick and thin. That supports the earth, the skies, and your own nutrition.

Chad Bitler
Research Director
Greenacres Foundation

"When it comes to our food choices, there is an endless amount of information thrown at consumers. This information can often be confusing (e.g. food label claims, nutritional labels, environmental claims, carbon footprints, etc). What is true, what is false and what is the scientific basis for these claims can at times be hard for an everyday consumer to cut through. Unfortunately, this complexity can lead consumers to feeling hopeless when often they are just trying to do the best they can. *Kiss the Ground* does a fantastic job of simplifying food by reconnecting us with the natural processes in our food systems. It reminds us that all food is grown from the soil, and that healthy soil requires *both* plants *and* animals – and diverse species of both – to be present. In other words, food is biology! I hope during our discussion that I can blend the human/consumer side to what's happening on the farm. It is important that we all understand that consumer decisions can initiate beneficial changes at the farm level...and in fact already are..."

Tips for us from Chad

1. Don't get overwhelmed by your food choices, instead start small. Make an effort this year to consistently source at least one food item locally. Maybe you decide all of your eggs or beef or tomatoes that you buy will come from a local farmer – you don't have to go "cold turkey" from grocery stores to make a difference.
2. Ask questions about how your food is produced – this is much easier if you speak directly with the one producing it (i.e. a farmer).
3. Keep soil in your thoughts. Many of us are so disconnected from the farm that we forget food doesn't come from a package. Although it can be hard to tell with some "foods" try to connect the dots of how that food got on your plate. More often than not, it started with soil! Now think about how the health of that soil could impact the product you're eating or how the product you're eating might've impacted the soil!
4. As a consumer, you have way more power than you think. Don't forget that.
5. Livestock sometimes get a bad rap but it is important to remember that livestock are integral to a healthy food system. Remove the livestock and you remove the natural cycling of nutrients (see tip #3)

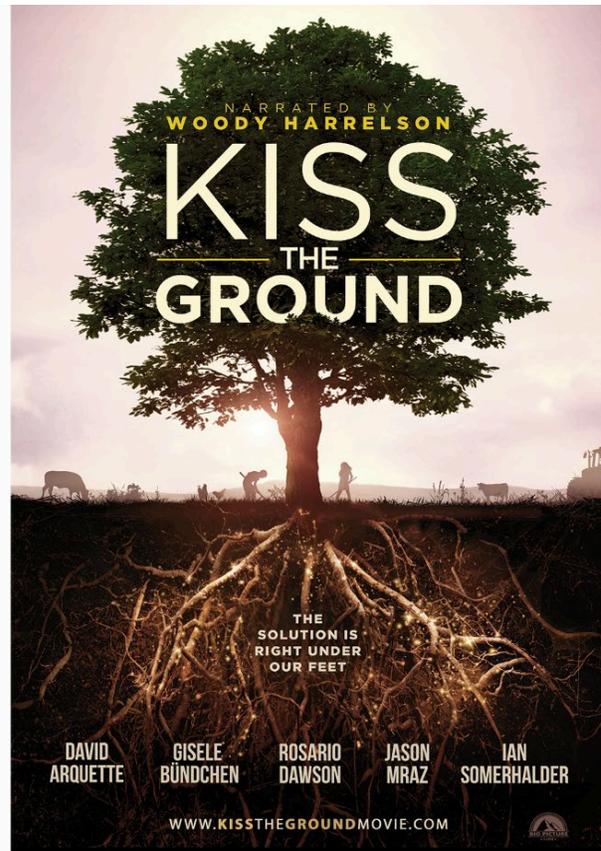
Call To Action Steps and Resources from the Movie Company

Five Things You Can Do Today

5 THINGS YOU CAN DO TODAY:

- 1 FIND YOUR PATH**
Get involved and spread the word.
www.kissthegroundmovie.com
- 2 MAKE SOIL**
Compost your food waste, regenerate soil, grow a garden, Eat. Repeat.
- 3 PURCHASE FOR THE PLANET**
Purchase from farmers and brands that are building a regenerative food system.
- 4 VOTE FOR HEALTHY SOIL & HEALTHY FOOD**
Elect officials who create policies for a healthy regenerative food system. Vote!
- 5 DONATE TO THE IMPACT FUND**
Support education and farmers in their transition to regenerative practices.

TAKE ACTION NOW:
TEXT "SOIL" TO 323-622-1644



More Ways to Get Involved:

- Kiss The Ground [Find Your Path](#) tool
- [Stewardship Education](#)
- [Soil Advocate Training](#)
- [Educational videos](#)
- [Become a Member](#)