



# FIGHT BACK WITH YOUR FORK FILM SERIES

Global warming, E coli contamination, immigrant labor, family farms and rural communities in crisis—these problems seem insurmountable. Yet, each day we have the opportunity to do something about them just by what we put on our forks. Sound too simplistic?

Consider that the average food item in a typical U.S. meal travels 1,500 miles to reach your plate. And, it's not just the transportation. Heavily processed foods like cereal can take more energy to produce than they provide. If everyone in the U.S. switched to locally and organically raised food for just one meal, once a week, we could reduce our country's oil consumption by over 57 million barrels a year.

The Fight Back with Your Fork Film Series is an opportunity for you to learn about our food system's problems and what you CAN do to help solve them.

## **Details:**

All films will be shown at Community United Church of Christ on the corner of Sixth and Daniels in Champaign. A separate children's film also will be shown to accommodate families wishing to attend. Refreshments provided by Common Ground Food Cooperative. Resource lists for local food sources and information on food issues also will be available. For more information, see [www.prairielandcsa.org](http://www.prairielandcsa.org)

## **Admission:**

There is no charge for admission, however, if you are able, we ask that you please bring a monetary or food donation for the Eastern Illinois Foodbank. Nonperishable protein sources always are in short supply in our community and for each dollar EIF receives, it can purchase \$10 worth of food.

### **Saturday, February 23, 2-4pm**

*The Plow that Broke the Plains (1934)*  
*The Price of Bounty (1992)*

Two documentaries examining the environmental costs of agriculture—both politically controversial, the latter so much so, it nearly cost some University of Illinois staffers their jobs and was dropped from public distribution.

### **Saturday, April 12, 2-4pm**

*The Future of Food (2002)*

Genetically engineered crops have been a part of the landscape for over a decade. *The Future of Food* examines their impacts on the shoppers who buy them unlabeled in U.S. grocery stores, as well as on farmers from Canada to Mexico, and the alternatives available for both.

### **Saturday, March 1, 2-4pm**

*Strong Roots, Fragile Farms (2002)*

Produced by Farm Aid and the National Council of Churches, *Strong Roots* puts human faces on the complex problem of globalization as it looks at the struggles of family farmers in Iowa, North Carolina, as well as the Phillipines and Mexico.

### **Saturday, May 3, 2-4pm**

*The Real Dirt on Farmer John (2005)*

*Moore Family Farm - WILL Prairie Fire (2008)*

A moving look at a Caledonia, Illinois, community supported agriculture farmer's history and struggles amidst an ocean of conventional thinking and farming. And, a look at how our own community has come together to support Moore Family Farm through Prairieland CSA.

## **Sponsored by:**

Prairieland Community Supported Agriculture, Community United Church of Christ, Common Ground Food Co-op, and the Eastern Illinois Foodbank