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## REASONS TO BE FOOD SECURE



- 1 Stuff happens.** Earthquakes, trucker strikes, who knows; in an instant, our world could change. We should be better prepared.
- 2 It can be difficult for low-income families to afford high quality food.** Fortunately, it costs little to grow nutritious food so having a safe food source nearby (like your own back yard) is a great equalizer.
- 3 The World Economy.** What's that all about? Beats them, too! But it's a big, tippy bag of wrestling cats and we hope it doesn't fall over.
- 4 Fossil Fuels.** Getting darned expensive, eh? That would explain the high cost of lettuce in January, and of imported olives.
- 5 Genetically Modified Organism (GMO) and pesticide use.** Although some say the jury is still out, my vote is in and that is for wholesome food grown without mucking about with anything made in a lab — something we can reproduce in our own back yards, for instance.

- 6 Your money stays local.** If your community is strong, you are better off and much safer. Support your local farmers so that they can keep you fed and healthy.
- 7 You get enmeshed in your community.** Meet local gardeners and farmers, visit the local organic co-op, go to a canning or earthquake preparedness workshop. Enlarge your circle of connected people.
- 8 You do not have to be a drain in times of stress.** In an emergency, the elderly and injured will need all the help they can get. If you can look after yourself, you will not needlessly drain a system that may not have much left to give.
- 9 Personal resilience.** Well-prepared people have an edge when handling and recovering from emergencies and trauma. That can't hurt.
- 10 Being a new community asset.** In times of stress, we will need many well-informed, experienced people to spread throughout the community. You may be one of them!