



FAITH COMMUNITIES GO GREEN

A COLLABORATION: GREEN UMBRELLA AND EQUASION

Toolkit from the Screening of the Documentary *Common Ground*

Organized by Faith Communities Go Green's Education/Lifestyles Working Group

Inspired by this documentary *Common Ground*, we can take simple actions to **support regenerative agriculture, heal the soil, and foster a more sustainable food system.** The core message is that everyone can contribute by making conscious choices about their food and land, no matter how small their scale. **This Toolkit is aligned with and extension of our Toolkit from our screening of Kiss the Ground documentary:** https://drive.google.com/file/d/1iX_IR11S74pS-JhsH6K0G5tJx-GwgWJH/view?usp=sharing

SIMPLE ACTION STEPS TO CONSIDER

Change your food consumption habits

Actions for consumers

- **Support local regenerative farmers:** Look for and buy products directly from farmers who use regenerative practices. This can be done at local farmers' markets or through Community Supported Agriculture (CSA) programs. Buying locally also helps reduce food miles and supports the local economy.
- **Buy "ugly" produce:** Much food is wasted because it does not look perfect. By purchasing or consuming "imperfect" fruits and vegetables, you help reduce food waste and may find discounted prices.
- **Choose Certified Regenerative products:** When shopping at the grocery store, look for certified regenerative labels that ensure the products were grown in a way that prioritizes soil health.

- **Eat at farm-to-table restaurants:** Support restaurants that source their ingredients from local, regenerative farms. This helps build a more sustainable food ecosystem in your community.
- **Research your food's origin:** Ask retailers and food companies if their products are sourced from farms that prioritize soil health and sequestering carbon. Your questions signal to businesses that consumers care about these issues.
- **Move to a plant-rich diet:** Consider reducing your consumption of conventionally raised animal products. A diet based more on plants can support food systems that focus on crop diversity and rebuilding soil.

Actions for home gardeners

- **Start a "Climate Victory Garden":** You don't need to be a large-scale farmer to practice regenerative principles. Start by growing your own food in a backyard, rooftop, or even in a planter box on a windowsill.
- **Practice no-till gardening:** Avoid tilling or disturbing the soil as much as possible. Tilling releases carbon and harms the microbial life that is essential for healthy soil.
- **Start composting:** Use kitchen scraps and garden debris to create compost. Adding this organic matter back into your soil increases its nutrients, improves water retention, and helps sequester carbon.
- **Use cover crops and mulch:** Keep the soil covered with mulch (like straw, shredded leaves, or wood chips) and plant cover crops during off-seasons. This prevents erosion, suppresses weeds, and keeps living roots in the ground to feed the soil biome.
- **Embrace biodiversity:** Plant a variety of species together, including perennial plants and pollinator-friendly flowers. This helps create a robust ecosystem that supports soil health and provides natural pest control.

Reduce food waste and start composting

- **Plan your meals:** Planning your meals and shopping with a list ensures you buy only what you need, which helps reduce the nearly \$3,000 the average family of four loses to uneaten food each year.
- **Use your leftovers:** Turn leftovers into new meals, or freeze them for later use to prevent food from spoiling. Vegetable scraps can be used for stock, and stale bread can become croutons.
- **Compost food scraps:** Instead of throwing food scraps in the trash, start a home composting system to create nutrient-rich soil for your garden. For those without yard space, look for a local municipal or community composting program.

Actions for community and civic engagement

- **Host a screening of *Common Ground*:** Organize a viewing with friends, family, or your local community to help raise awareness and inspire action in others. The link to screen it is:
https://www.dropbox.com/scl/fi/qs67zm56xnyalq183jo7e/CommonGround_Redux_43min_SubtitleOptions-EN-SP.mp4?rlkey=km5cb2l8iyftz9ezkqy9xjtlc&e=1&st=5bw28hzt&dl=0
- **Advocate for regenerative agriculture:** Contact your local, state, and national elected officials. Ask them to prioritize regenerative agriculture in policy decisions, especially during discussions about the Farm Bill.
- **Join a community garden:** Participate in or help start a community garden. This can help nurture healthy soil and food systems at a local level while fostering a sense of community.
- **Sign the "Regenerate America" petition:** Join the advocacy campaign by Kiss the Ground, the nonprofit behind the films *Common Ground* and *Kiss the Ground*. This campaign works to influence farm policy at the national level. See https://drive.google.com/file/d/1YJgbAyNi0ATtZA_yxqBjNBR16tTmYFR4/view?usp=sharing

Some Action Steps from the Common Ground documentary producers:

<https://commongroundfilm.org/take-action/>

Other sites to explore:

Nature Conservancy: What you need to know about the Farm Bill:

<https://www.nature.org/en-us/what-we-do/our-priorities/provide-food-and-water-sustainably/food-and-water-stories/supporting-the-farm-bill/#:~:text=The%20current%20bill%20expired%20in%20October%202023.,their%20livelihoods%20and%20care%20for%20their%20land.>

The latest update on the Farm Bill:

<https://www.farmaid.org/issues/farm-policy/the-latest-updates-on-the-2025-farm-bill/>

Other sites to explore:

https://insideclimatenews.org/news/13072024/farm-bill-stalled-over-environmental-regulations/?gad_source=1&gad_campaignid=248186211&qbraid=0AAAAADogli2Va57fS3V0fu0BScfOYw0Ns&qclid=CjwKCAjw2vTFBhAuEiwAFaScwow9XfOMyidoBhEOxbueioOqktDAO7Qy7rCL8QKx8vLFGIbW6krdLxoCtBQQA vD_BwE

<https://www.fsa.usda.gov/tools/informational/farm-bill>

<https://www.congress.gov/crs-product/R47659>

<https://sustainableagriculture.net/blog/release-budget-bill-steamrolls-farm-bill-future-slashing-billions/>