



FAITH COMMUNITIES GO GREEN

A COLLABORATION: GREEN UMBRELLA AND EQUASION

Faith Communities Go Green Education/Lifestyle Working Group

Toolkit of Simple Things to Do

Inspired by Kiss the Ground movie screening on 7/20/25

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 consider showing this movie, 'Kiss the Ground', in your faith congregation and share this information and the tips from this toolkit with others.

- 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! **Find regenerative family farmers and support them** through thick and thin. That supports the earth, the skies, and your own nutrition. Regenerated soil sequesters carbon and water, builds organic matter, and increases microbial life. ***Every 1% 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.
- 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. As a consumer, you have way more power than you think.
- 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. If you love meat, eat it, but eat less meat and more of fresh locally sourced produce (buy produce from farmers who practice regenerative agriculture, as much as possible) to reduce your carbon footprint, and help with the drawdown of carbon from the atmosphere.

5. **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.
6. **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.
7. **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. 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).
8. [Resources for shopping for your food aligned with your values](#)

More information on Regenerative Agriculture and how WE can help it succeed

Food, Climate and Nature

An explainer on regenerative food practices across forests, farms and seas. Plus, how you can support food systems that heal the planet.

<https://www.nature.org/en-us/what-we-do/our-priorities/provide-food-and-water-sustainably/food-and-water-stories/climate-friendly-food-faqs-regenerative-ag-101/>

In this article you'll learn about:

- **Is farming bad for the planet? Does farming make climate change worse?**

No, farming is not inherently bad for the planet. Humanity has partnered with nature throughout history to reliably cultivate nutritious food. Many cultures continue this reciprocity with nature, including Indigenous Peoples and local communities across the globe.

But the way the world is currently producing most of its food—by extracting more resources than we are giving back—is degrading the planet. The global food system is responsible for one-third of greenhouse gas emissions, 70% of freshwater use and 90% of tropical deforestation.

We now have a vicious feedback loop between food production and the degradation of nature. Conventional farming practices degrade soil health over time, making the land less productive. Farmers might then clear more natural habitat or compensate for these reduced nutrients by adding fertilizers. If too much fertilizer is added at the wrong time, it can wash into nearby waterways, harming freshwater and marine ecosystems by creating algal blooms and dead zones.

- **What is regenerative agriculture?**
- **What are the benefits of regenerative agriculture?**
- **What are examples of regenerative farming practices?**
- **Is regenerative food production new?**
- **How does climate change affect farming and our food?**
- **Can agriculture/food production be a solution to climate change?**
- **Is regenerative agriculture more climate resilient than conventional agriculture?**

- What is The Nature Conservancy doing to support regenerative food production? TNC's Goals for the Year 2030
- What can we do to encourage regenerative food practices?
- How does our diet affect the planet? Should we consider making some changes in our diet?

OH farmers consider adopting 'regenerative agriculture ...

<https://www.publicnewsservice.org/2025-06-16/sustainable-agriculture-and-farming/oh-farmers-consider-adopting-regenerative-agriculture-practices/a97287-1>

A wonderful book, *Braiding Sweetgrass* by Robin Wall Kimmerer

This is one of the most inspirational books about the relationship that we humans should cultivate with the natural w

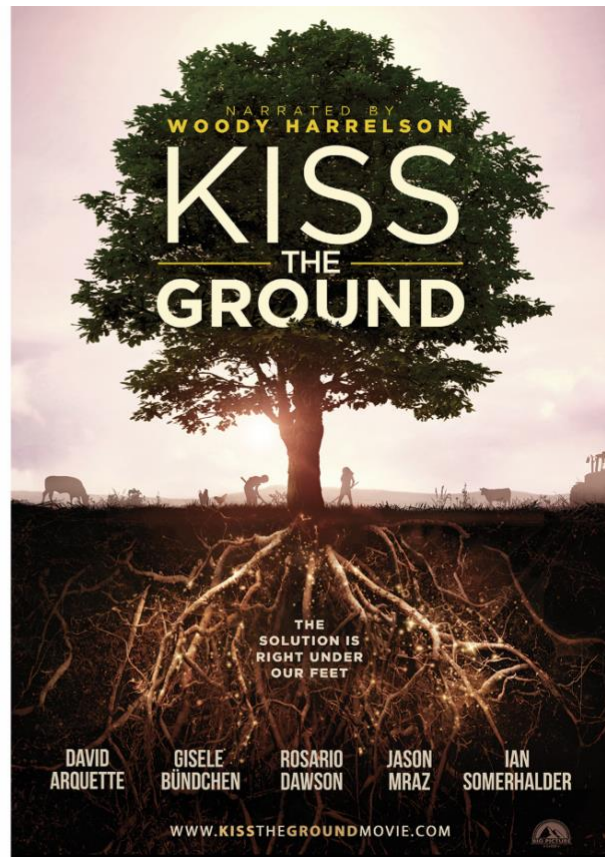
Call To Action Steps and Resources from the Movie Company

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:

Organize a Screening of this movie:

- Feature version:
 - <https://vimeo.com/464327339>
 - Password: viva
- Edu version (45 min):
 - <https://vimeo.com/480463282>
 - password: schools

- Kiss The Ground Find Your Path tool: <https://kisstheground.com/take-action/>
- Stewardship Education: <https://kisstheground.com/stewardship/>
- Soil Advocate Training: <https://kisstheground.com/policyprogram/>
- Educational videos: <https://kisstheground.com/videos>
- Become a Member: <https://kisstheground.com/membership/>