



## Local Food Justice

*Food justice is the affirmation that everyone should have access to fresh, affordable healthy food. Change the World Kids are working to strengthen a sustainable and socially responsible food system, which meets the needs of local people and their communities and respects the environment. For now and for future generations.*

*We advocate for community-based ways of producing and distributing food in an affordable, equitable, sustainable, and environmentally-friendly manner. This will help promote good health, create local jobs, and emphasize the value of small, local farmers and markets. The choices and changes we make can have big benefits.*

*You - and every one of us - play a critical role in our local food system!*

## The Root Cellar

*One Wednesday while delivering fresh produce from our gardens to a local food shelf, a Change the World Kid asked, "What local produce is available here during the winter?" From the answer, "Little or none," our root cellar project was born.*

*Using no fossil fuels, our root cellar enables us to store locally grown vegetables and distribute them to area food shelves and elementary school lunch programs throughout the cold months.*

*We researched, developed criteria, and drew plans. We selected a site, secured permits, and gave presentations. We dug out the hillside, broke up ledge, built forms, bent rebar, poured concrete, shoveled gravel, and constructed retaining walls. Hard work. Incredible experience.*

## Grow Some·Feed Many!

*Now we're engaging farmers and gardeners, developing materials to educate elementary school age children and to encourage teens and community members in other towns to develop sustainable food systems in their areas.*

- Grow a row or hill or even one plant of a vegetable that will keep during the winter months in our root cellar! We want to fill the shelves during the fall harvest.*
- What might you grow? Beets, Carrots, Potatoes, Cabbage, Cauliflower, Broccoli, Garlic, Onions, Turnips, Rutabagas, Parsnips, Apples, Pears, Winter squash (cool room storage)*
- At harvest time, we'll arrange a drop-off spot or a pick up. We'll even harvest the vegetables.*

*We Want your Help!*  
**Grow!** Let us know if you will contribute produce.

**Donate!** We'll use your gift to grow vegetables, educate children, and build sustainable community food systems.

Name(s) \_\_\_\_\_

Farm Name (if farmer) \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Phone \_\_\_\_\_

I plan to grow and contribute \_\_\_\_\_

I want to help by making a donation of \$ \_\_\_\_\_

\*Checks are payable to Change the World Kids. Donations via paypal can be made on our website: [www.changetheworldkids.org](http://www.changetheworldkids.org). Please call us at (802) 432-8164 with any questions.

*Thank you for your support!*



## STAY IN TOUCH!

Keep your eyes out for our  
Regeneration Magazine!



Change the World Kids is a teen-run, independent Vermont nonprofit organization dedicated to making the world a better place through humanitarian and environmental initiatives. We've provided hundreds of thousands of hours of volunteer help to individuals in our communities and to organizations and people across the globe. In addition, we are stewards of the environment, conserving and restoring habitats and initiating sustainability efforts to promote healthy local and global ecosystems.

*We believe that no one can do everything,  
but everyone can do something.*



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CHANGE THE WORLD KIDS

Food for Winter:  
SOLUTION

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