

**PULSE**  
OF THE FOOD MOVEMENT

---

## Our World Is Upside Down & Here's What You Can Do About It

---

Greetings!

### First and Foremost, Take Care of Your Health and That of Those you Love



Eat healthy food, sleep as much as you can to remain rested and stay at home and away from others for as long as public health authorities request.

---

### Please Buy Your Food Directly From Farmers and Ranchers if Possible

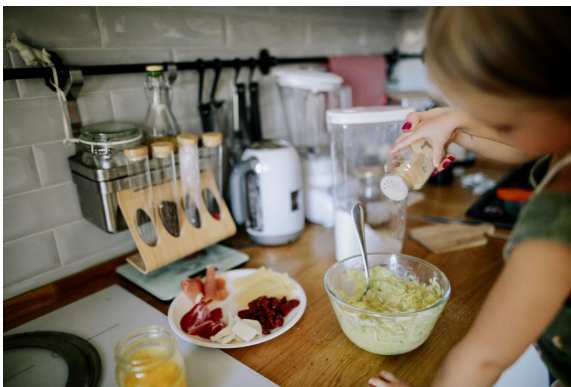
They need your business in this critical time. You might join a Community Supported Agriculture (CSA) produce subscription program and have fresh healthy food delivered to your home or a convenient pick up point. The virus is not passed via food. You can also use the farmers markets to get the same good food. Farmers markets are normally outdoors and thus a safer space to be shopping than a grocery store as long as you keep your distance from other people.



---

**Yes, Order out Some of the Time, but we Encourage You to use this Time at Home to Cook With Healthy**

## Protein and Produce



If you are new to it, teach yourself to cook using a book or online videos. If you are an experienced cook, try new, complex recipes that will increase your skills and impress your family and friends. Good food brings pleasure and we all need some relief.

---

## Use the Time at Home to Advocate for Change

**Write emails and letters to local, state and federal officials. Direct messages to the President, the Governor, your representatives in the House of Representatives and the Senate, State Legislature and local chambers (county and city).**

Say:

1) “We need improvements to our public health system: budget cuts have harmed our ability to prepare for and respond to this pandemic. We’ve known for years it was coming, but we remained in denial.

We need government to work. You must rebuild our nation’s capacity at the local, state and federal levels to prepare for and minimize pandemics and to improve human immune health by lowering sugary beverage and junk food consumption and improving access to healthy food for all those living in the US, particularly our children.”

2) “We need critical action on climate change: a warming world has increased disease pressure on humans, animals and plants. It is also a cause of extreme droughts, storms and fires, and we already know the disruption these events cause. The warmer it gets the more disruption, suffering and death. We must lower carbon emissions by moving to renewable energy sources, smart grids, micro grids and we must capture as much existing excess carbon in the soil as we can in order to stop the warming. Enact policies now to eliminate carbon emissions and to build soil that will capture carbon.”



---

## Deepen Your Knowledge and Enjoy Some Interesting Entertainment

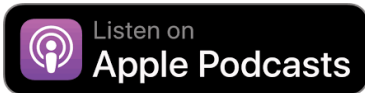
Latest Flipping the Table Episode

**How Change Happens: A Conversation with Master Change Strategist, Dave**



**Henson, of Occidental Arts and Ecology Center.**

Our conversation is timely given the national crisis. Look for a weekly message during this time with my reflections on what we can learn and do as a result of this momentous event that offers an opportunity for great change.



ROC is joining with Wasson Idea Farming to launch a new podcast

**Beyond Your Table: From the Real Dirt to Common Ground.**

Our first episode dropped last week. It features two of California's most cutting-edge farmers, folks who are solving problems to ensure a healthier future for us all. Check it out.



*L-R: me, Judith Redmond, Don Cameron, Rodger Wasson*



**Roots of Change Joins Fantastic Fungi Day on March 26**

Experience the Mycelium Network in Action...You can watch this fabulous movie on some miraculous mushrooms from your home and join a conversation with the filmmakers and stars online. Check it out via this link:

<https://fantasticfungi.com/connect/>

**Please become a contributor to our work**

Click here to

**DONATE NOW**

**Roots of Change is needed more than ever.**

---

## **ROC Policy Work Disrupted Due to Crisis**

We had settled for this year on passage of the Climate Resilience Bond and development of the California New Green Deal that would offer robust support for healthy regional food and agriculture. And led by our policy champion on this issue

Assemblywoman [Cecilia Aguiar-Curry](#), ROC's Small Poultry

Producer Protection Act will be

introduced in the next Legislative cycle. We will use this year to work through technical issues with the Department of Food and Agriculture. We have also been working with allies to develop a new proposal to tax sugary beverages to create a public health fund for the State to prevent disease and develop healthy regional food systems. All of this may shift due to the crisis. Look for our updates in the weeks ahead.

---



### **Spotlighted Ally: The Ecology Center in Berkeley**



ROC has allied with the [Ecology Center](#) since 2012 when we began to hand them the reigns of the ROC-spawned [Market Match](#) nutrition incentive program. We entrusted the future growth of the program to Ecology Center because they had a track record of managing large service projects involving many partners and had a decades-long commitment to farmers markets. They have fulfilled our hopes for the program by making fresh affordable for tens of thousands of families across the state. During this public health crisis, they have been instrumental in ensuring the state and local governments designate farmers markets and farms stands as essential services. This helps families in need of fresh food and our small farmers who are dependent on direct relations with their customers. Please offer a [donation to Ecology Center](#) in this epic time.

Thank you for your interest and support!

A handwritten signature in black ink, appearing to read "Mark Ail". The signature is fluid and cursive.

Michael Reid Dimock  
President  
Roots of Change  
A Program of the Public Health Institute



mail@rootsofchange.org | [www.rootsofchange.org](http://www.rootsofchange.org)