

START A REVOLUTION WITH YOUR FORK.

Promote and support food and food systems that are 'ono and pono.



Vote with Your Fork

If we could replace just 10% of Hawaii's imported foods it would amount to \$94 million at the farm-gate. Taking into account the multiplier effects, this \$94 million would generate an estimated economy-wide impact of \$188 million in sales, \$47 million in earnings, \$6 million in state tax revenues, and more than 2,300 jobs.

This is not a trivial amount.

*estimates taken from CTAHR report on Economic Impacts of Increasing Hawaii's Food Self-Sufficiency December 2008



Organic food is about all of us

It's about the health of our islands & our planet

Organic farming:

Keeps rural communities healthy.

Improves agricultural diversity.

Builds healthy, productive soil.

Keeps waters clean and unpolluted.

Works in harmony with nature.

Reduces atmospheric carbon, thus works against climate change.



Take back the tap

Did you know...

...Bottled water is not safer than tap water. The government requires more rigorous safety testing and monitoring of tap water.

...Bottled water is thousands of times more expensive than tap water.

...Bottled water hurts the environment. Millions of barrels of oil are used to produce and ship plastic bottles, then 75% end up in the garbage or our waterways.

Choose tap water over bottled water whenever possible.

Fill a reusable bottle with tap water.

More information at www.foodandwaterwatch.org

Friends don't let friends eat farmed fish.

Avoid open ocean farm-raised fish. Most of these operations are destructive to the aquatic environment.

Choose fish that are caught sustainably and are not endangered.

Best choices for Hawai'i caught fish:

Akule, 'Opelu, Shutome, Mahi, A'u (Kajiki), Albacore Tuna (Tombo), Aku (Skipjack Tuna), Uku (grey snapper), Monchong, Opah, Ono, Tilapia (locally raised in tanks)

Other choices:

Pacific halibut, Dungeness crab, Alaska wild caught salmon

Avoid:

'Opakapaka (Pink Snapper), Ehu/Tai (Red Snapper), Onaga (Ruby Snapper)

Hapu'upu'u (Sea Bass), Atlantic farmed Salmon, Shark (All Varieties)

Canned Tuna (Except troll/pole caught)

Shrimp & Prawns, farmed in open water (most Asian operations)

Chilean Sea Bass, Striped Marlin

Get familiar with the Seafood Guide for Hawai'i at www.montereybayaquarium.org/cr/seafoodwatch.aspx



Buy local, grass-fed beef.

It's better for you...

less total fat, more omega 3s,
no antibiotics or hormones

better for the cow...

a more natural diet, more
room to roam, less stress

better for the land...

increased soil fertility,
less soil erosion,
improved water quality

Better for our island economy.



Vote with Your Fork Again

1. Buy locally grown coffee, tea and chocolate. Hawai'i produces many award-winning beverages and confections.

2. Choose restaurants that offer biodegradable take-out containers.

3. Buy beer brewed in Hawai'i—save on recycling, use a keg.

4. When using a caterer, request locally grown ingredients and recyclable plates and utensils.

5. At political fundraisers encourage the candidate to serve real local food.

6. Support local whenever you can, wherever you can.