

# DISCUSSION QUESTIONS

Whether your post-screening discussion is with a panel of urban farmers or among audience members, it can help connect the film to local issues and personal stories. See below for a list of questions to help guide the conversation:

1. *How do you feel after watching the film? What scenes were most memorable, powerful, or surprising?*
2. *Which of the urban farms featured in Growing Cities did you find most compelling? Why? Which models are most applicable to your own community?*
3. *How does the movie address privilege, economic and racial, in the local food and urban farming movement?*
4. *What are some of the barriers to accessing nutritious food in your community? Are there barriers to creating or participating in urban agriculture projects where you live?*
5. *How would you convince skeptics of the value of urban agriculture?*
6. *How could you get involved/support urban farming in your community? How can you all do something together to get involved/support urban farming in the community?*
7. *If you already are involved, share what you are doing and something new you would like to try. Why is it important for you to be involved in urban farming? How did you get here?*
8. *What are some of the ways that you can support urban and/or local agriculture?*

# TAKE ACTION

This section offers suggested actions for your screening event. These actions are tied to the priorities of local and national good food and sustainable farming organizations, and are divided into four categories: Grow Something, Help Your Community Thrive, Support Local Farmers, and Make Your Voice Heard.

## GROW SOMETHING

- Start a garden at home in your backyard, side, or front yard!
- Join a local community or school garden to learn from those already growing. If you're starting a new garden, check out the American Community Garden's *How-to guide* or Slow Food USA's *School Garden Manual*.
- No space? Start a container garden on your fire escape, in an old trashcan, or even the bed of a pick-up truck!

**TIP:** You can download our "Grow Where You Are" infographic for ideas on growing at: [www.growingcitiesmovie.com/learn](http://www.growingcitiesmovie.com/learn)

## HELP YOUR COMMUNITY THRIVE

- Volunteer with a local farm or good food group that promotes sustainable agriculture, food justice, or youth education. Use our *National Urban Farm Map* to find local organizations.
- Join a local or national organization that supports good, healthy food like *Slow Food USA*.

## SUPPORT LOCAL FARMERS

- Be a conscientious consumer. Use the *Eat Well Guide* to find farms, restaurants, farmers' markets, stores, CSA's and other purveyors of sustainably produced foods near you.
- Invite a local farmer to have a tasting table at your event to showcase their produce to the community
- The good food movement is inspiring many young people to farm but it's never been harder to get started. Support beginning farmers in your community by joining the *National Young Farmers Coalition*.

## MAKE YOUR VOICE HEARD

- Learn about local food policy issues by joining your *food policy council*. Let your city council members and mayor know that you support urban agriculture and legislation promoting it.
- *Share your growing story* on our website to inspire others to take action
- Call or write a letter to your member of Congress and urge them to support beginning and sustainable farmer programs in the Farm Bill. Keep posted on the latest issues from the *National Sustainable Agriculture Coalition*.

## ADDITIONAL RESOURCES

596 Acres

[www.596acres.org](http://www.596acres.org)

596 Acres builds online tools neighbors can use to clear hurdles to community land access. These tools help people organize to transform vacant lots into productive community spaces.

Civil Eats

[www.civileats.com](http://www.civileats.com)

Since 2009, Civil Eats has been a daily news source for critical thought about the American food system. They publish stories that shift the conversation around sustainable agriculture in an effort to build economically and socially just communities.

GRACE Communication Foundation's Sustainable Table

[www.sustainabletable.org](http://www.sustainabletable.org)

Sustainable Table celebrates local sustainable food, educates consumers about the benefits of sustainable agriculture, and works to build community through food.

Growing Power

[www.growingpower.org](http://www.growingpower.org)

Growing Power is a national nonprofit supporting people from diverse backgrounds by helping to provide equal access to healthy, safe and affordable food for people in all communities.

National Young Farmers Coalition

[www.youngfarmers.org](http://www.youngfarmers.org)

The National Young Farmers Coalition is a network of 19,000+ farmers, ranchers and consumers that represents, mobilizes, and engages young farmers to ensure their success.

WHY Hunger's Food Security Learning Center

[www.whyhunger.org/getinfo](http://www.whyhunger.org/getinfo)

The Food Security Learning Center provides practical resources, guides, and hands-on tools to help you learn more about food security and the good food movement.



## PARTNERS AND CREDITS

