

There is Something YOU Can Do to Stop Infringing CAFOs!

**An Empowering, Practical Action-Oriented
Checklist to Help You Make a Difference**

PLUS

**Directory of Local
Pasture-Raised Meat, Dairy and Eggs**



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www.jfaniowa.org

The transition from traditional farms to factory farming didn't happen overnight. It crept up on the American public and became the norm before most people knew what happened – and many are still unaware.

Returning to traditional, independent livestock production also won't occur overnight, but it has already begun. We CAN restore the integrity of animal agriculture over time if we commit to working together to change how our food is produced.

Here is an entire menu of actions that you can take – large and small efforts, and everything in between. Some of these actions may be easy to incorporate now; others may take more time to transition into your way of life. There is something here that everyone can do, whether you live in a rural or urban community.

We encourage you to review this list, do everything you can do now, and return to these action items periodically. Add more actions as you can to help our food production return to traditional, humane, healthy practices.

Please share this list with friends, too – you can find a downloadable version at www.jfaniowa.org. Thank you for all that you do!

Knowledge is Power – Learn As Much As You Can About Factory Farming

- ❑ Check out websites with information on factory farming. There are a lot of websites that have reports, studies, and first person stories. Start with the following and add more as you go along:
 - **Jefferson County Farmers & Neighbors, Inc.**
www.jfaniowa.org
 - **Socially Responsible Agricultural Project (SRAP)**
www.sraproject.org
 - **Food & Water Watch**
www.foodandwaterwatch.org
 - **Iowa Citizens for Community Improvement (CCI)**
www.iowacci.org
 - **Sustainable Table**
www.sustainabletable.org
- ❑ There are several excellent books, too, that provide a good overview of the problem. Here's a couple to start you off.
 - **CAFOS – The Tragedy of Industrial Animal Factories**, edited by Dan Imhoff
 - **Eating Animals** by Jonathan Safran Foer
 - **The Meat Racket** by Christopher Leonard
 - **Foodopoly** by Wenonah Hauter
- ❑ Visit www.factory-farming.com/source_books.html for a list of additional books.
- ❑ Watch documentaries like **Food Inc.**, **Pig Business**, **Merciful Eating**, **Farmageddon**, **Cowspiracy**, **Indigestible** and others and share them with friends. More suggestions here:
<http://on.fb.me/1iRCkv3>
- ❑ Learn what cage free and free range really mean. (Hint – it's not what you think.) <http://bit.ly/1VsBNw9>
- ❑ Learn the differences between gestation and farrowing crates.
https://en.wikipedia.org/wiki/Gestation_crate
- ❑ Learn what animal welfare certification programs are real and which ones are not <http://bit.ly/1VsBNw9>

Your Spending Dollars Have Power - Become an Activist Consumer

Note – for the sake of brevity, references to “meat” below also include “dairy and eggs” as all are produced by animals in confinement.

- ❑ Reduce and eventually eliminate purchasing CAFO-produced meats. Transition to meat products from traditional, independent farmers who humanely raise livestock on pasture or in hoop houses.
- ❑ Find alternative sources of pasture raised meat by checking with vendors at farmers markets, talking with like-minded acquaintances, or in the directory at the end of this booklet.
- ❑ Ask your supermarket to carry meats from pasture-raised sources – then purchase them so they continue to carry and expand their non-CAFO offerings.
- ❑ Send your family and friends to supermarkets that carry non-CAFO meat, too.
- ❑ At restaurants, ask if their meat products are pasture-raised or from conventional producers (CAFOs). If you don't order the conventional meat item, tell the restaurant owner why.
- ❑ Request restaurants carry non-CAFO meat products, and let them know you will select their meat products only when they do.
- ❑ Eat only at restaurants that serve pasture-raised meat.
- ❑ Reduce your meat consumption and explore other delicious and nutritious protein options. The Humane Society's program, Meatless Monday is an easy way to reduce how much meat you eat.
- ❑ If you are a farmer, raise your own livestock on pasture. Learn about opportunities from other farmers who market direct to customers, or with Niman Ranch, Applegate, and other farming cooperatives or become certified under Global Animal Partnership, Certified Humane or Animal Welfare Approved. There are consumers looking for these labels.

- ❑ If you serve pasture-raised meat when entertaining, let your guests know what they are eating and where you purchased your meat products.
- ❑ Talk to your local schools, hospitals, and other public institutions about sourcing meat from pasture-raised producers or those with the Global Animal Partnership label. Help connect them to alternative sources and give them a copy of the directory on page 13.

Reach Out and Build Community Awareness

- ❑ Educate your family and friends about how their food is produced. Because of deceptive advertising practices, many people still think farm animals are raised on idyllic pastures.
- ❑ Talk to others about the CAFO issue. Don't make assumptions about where people stand on the issue – you may be surprised. Engage in open and respectful discussions to learn how they feel and to share your perspectives.
- ❑ Tell people about JFAN! There are still some community members not familiar with this organization and the services we provide.
- ❑ Discuss with neighbors what it really means to be a Good Neighbor. Use JFAN's editorial, "Remembering What it Means to Be a Good Neighbor" as a jumping off point for discussion. www.jfaniowa.org
- ❑ Share information. Post articles and videos on your Facebook page. Send emails to family and friends with important articles and information.
- ❑ Reach out to local church leaders. Many oppose factory farming on ethical and spiritual grounds. Ask if you may make a presentation to their congregation on eating ethically. Get a copy of the *Eating Mercifully* DVD to show to your congregation. <http://bit.ly/1JMXrVa>
- ❑ Offer to make a presentation to community groups such as the

Rotary Club, Kiwanis, and others sharing facts about industrial agriculture. The facts speak for themselves.

- ❑ Write letters to the editor on the problems of factory farming. If there is an issue going on in your community, don't be afraid to speak out. There are many people who may feel the same as you.
- ❑ Make Informative, objective comments on web articles Many people read those comments, and you'll get more traction if you avoid high levels of emotion. Include links to relevant articles to explain your position
- ❑ Start a discussion group with family and friends. Show a short film on factory farming and engage in a discussion afterwards.

Advocate for Political Change

- ❑ Register to vote!
- ❑ Vote at every election, and for all offices. Decisions by local officials can sometimes have a greater impact on your quality of life than those made by federal legislators. Participate in our democracy and let your voice be heard.
- ❑ Write or call your legislators and let them know where you stand on industrial agriculture.
- ❑ Don't support legislators – either with donations or votes – that support legislation benefitting industrial agriculture over the environment or community.
- ❑ Find opportunities to meet with your elected officials. Some suggestions: attend legislative breakfasts, stop in at the capital on a trip to Des Moines, and invite legislators to a meeting of concerned citizens. Let them know this issue is important to you.
- ❑ Attend board of supervisors, city council, and committee meetings. Share your thoughts on factory farming during comment periods.
- ❑ Stay on top of legislative Ag issues by following the news or getting news alerts from organizations like CCI, Iowa Farmers Union, and others.
- ❑ Help identify candidates for office that support independent,

traditional farming and don't favor industrial agriculture. Work to replace any elected official that supports CAFOs over community members or the environment.

- ❑ Campaign for candidates that will take a stand against factory farms.
- ❑ Or run for office on a platform supporting traditional, humane farming practices.
- ❑ Urge your state and federal legislators to support legislation that eliminates the rampant use of low dose antibiotics for growth promotion and disease prevention in livestock.
- ❑ Sign up for action alerts from advocacy organizations. Then take action!
- ❑ Encourage your county supervisors to adopt the Master Matrix if they don't adopt it every year. It's not perfect, but it does give communities some additional say and options.
- ❑ Get to know your county supervisors and let them know how you feel about CAFOs. If they know a large number of their constituents don't favor factory farms, it may impact how they handle a Master Matrix review.
- ❑ During this presidential election cycle, attend meetings with visiting presidential candidates. Ask hard questions about our current industrial agricultural system.
- ❑ Coordinate with others to birddog candidates – if enough people ask the same questions on factory farming at enough events, the media will begin to pick up on the issue.
- ❑ Sign relevant petitions – or generate them through Change.org or SumofUs.org

Support Advocacy and Environmental Organizations

Many organizations like JFAN, SRAP, CCI, and others work to protect communities from unwanted CAFOs and they need your support. You can help in the following ways:

- ❑ **Donate.** It takes a lot of resources to effectively fight factory farms. Educational and advocacy organizations carry out large-scale initiatives, and your donation dollars go a long way in helping them protect communities from CAFOs.
- ❑ **Volunteer.** Many organizations can use an extra hand or two. Some like JFAN offer opportunities for internships.
- ❑ **Sign up for emails and action alerts** to stay up-to-date on an organization's activities.
- ❑ **Attend their meetings and events** to learn more and to show support.
- ❑ **Attend the JFAN Annual Meeting every year.** A large turnout speaks volumes about the community's feelings and works as an effective deterrent.

Join Up with Community Advocacy Groups - Attend Their Events

Several community organizations focus on specific areas and welcome community members into their ranks. In Jefferson County, the following opportunities exist:

- ❑ **Community Rights Movement.** Learn about the emerging community rights movement, already empowering over 200 US communities to protect their residents and environment. The Jefferson County Community Rights Network (CRN) will host **A New Strategy for Stopping Factory Farms** with community organizer Paul Cienfuegos on Sunday, October 18 from 1:30 – 4:30 at the Fairfield Public Library. For more information on

CRN, contact Thom Krystofiak at 641-919-3634 or email: krysto@natel.net.

- ❑ **Work on Water Quality with Local Sierra Club.** Become part of a water testing team with the Leopold Group Sierra Club, a local chapter of the national organization. They have an upcoming program: ***Protecting the Waters Around Us***, Sunday, November 8 from 1:30 - 4:30 pm at the Fairfield Public Library. There will be brief presentations by Francis Thicke and Diane Rosenberg plus a two-hour training session with national expert Scott Dye. For information on the Sierra Club contact Denyce at 472-3866 or email: leopoldgroupfairfield@gmail.com
- ❑ **AHEAD and Economic Development.** Join up with AHEAD-Iowa, a collection of Jefferson County residents working for sustainable and positive economic development for Jefferson County. For more information, visit www.ahead-iowa.org.

If You Live in Rural Iowa – Ways to Protect Yourself from CAFOs

- ❑ Initiate open, respectful discussions with neighbors on factory farming. Explore with them what it means to be a Good Neighbor and that being opposed to CAFOs is not being opposed to agriculture.
- ❑ Create a community group like JFAN to protect your county. JFAN has a training program that will teach other counties how to create their own organization in the JFAN model. Contact JFAN to schedule a training session. 641-209-6600 or jfan@lisco.com
- ❑ Learn how to analyze Manure Management Plans to make sure manure is not being over applied. The DNR is limited in their ability to fully analyze plans. JFAN can train community groups in how to conduct a thorough review. Contact JFAN to schedule a training session.

- ❑ Monitor CAFO manure applications in your area. If you see manure over applied, report it to your local DNR field office and ask to file an official complaint. Follow it up in writing. Find your field office here: <http://bit.ly/1P7W5v2>
- ❑ If you are in Jefferson County, you can also contact JFAN for help with filing DNR complaints. Complaints can be filed anonymously, but those that are reluctant to file are welcome to contact JFAN about doing the filing for them.
- ❑ Let area farmers know you do not want them to apply CAFO manure on their land and explain why. Ask them to be a Good Neighbor and make a commitment to the neighborhood to not take manure.
- ❑ Report any suspicious building activity to JFAN so we can investigate.
- ❑ Attend public hearings and let your supervisors know how you feel about factory farming.
- ❑ Consider purchasing land around your home and neighborhood and put covenants on it to prevent CAFO construction.
- ❑ Talk with area farmers about your concerns and let them know you don't want to live near a CAFO.
- ❑ Conduct water testing of streams to track any pollutants.

If An Unwanted CAFO Threatens Your Neighborhood

- ❑ Get a copy of the CAFO application at either your county court house or your local DNR field office. Learn everything you can about the confinement – owner, operator, corporate contractor, lender, etc. (JFAN obtains Jefferson County CAFO applications and can provide you with a copy.)
- ❑ Contact all your neighbors and see where they stand. JFAN sends out a warning package to people within two miles of a proposed confinement in Jefferson County; they will be aware of the proposed CAFO.
- ❑ Have a meeting with community members opposed to a CAFO to strategize next steps.

- ❑ Ask for help. JFAN provides informational guidance and organizational support for community groups that ask for assistance. If you live in other counties without local advocacy groups, we can also connect you with other organizations that can help. SRAP and Iowa CCI work throughout Iowa, and SRAP works with groups throughout the country.
- ❑ Meet with the CAFO owner to let him/her know your concerns, and ask that the CAFO not be built near your home.
- ❑ Provide the CAFO owner with the JFAN Good Neighbor Guidelines (www.jfaniowa.org) and ask that they be followed in determining another site for the confinement.
- ❑ Encourage the CAFO owner to farm using traditional production methods, and provide information on these options, including financial information. The USDA has several programs that offer some financing for pasture-raised livestock operations. JFAN can supply you with this information.
- ❑ Let neighbors who grow crops know how you feel about CAFO manure being put on land in your neighborhood. Explain why you are concerned, and ask then not to accept CAFO manure.
- ❑ Provide a copy of the JFAN booklet, ***Secondary Liability: Could You Be Implicated in a CAFO Lawsuit*** to anyone considering applying manure to their land.
- ❑ If you are a farmer, understand that if you accept CAFO manure, you are supporting the operation of an animal confinement in your neighborhood.
- ❑ Conduct a thorough review of the application and report any problems you identify to the DNR.
- ❑ If there is a Master Matrix involved, thoroughly review it, and document questions that don't deserve full points. Attend scoring sessions and present your findings. Send a copy of your report to the DNR.
- ❑ Attend public hearings and make your views known.
- ❑ Contact the press and let them know how you feel about the CAFO in your neighborhood.

- ❑ Get a copy of ***JFAN's How to Protect Your Family and Home from Factory Farms*** to learn more about what you can do to protect your community (download at www.jfaniowa.org - an updated version is soon to be released).

Explore Legal Options

- ❑ If a CAFO owner moves ahead with a confinement against a community's wishes, there may be legal actions available to remedy the situation. Learn what legal options exist in your state.
- ❑ Identify lawyers that have experience handling factory farm.
- ❑ Make an appointment for a legal consultation. Gather all relevant facts to bring to your meeting.
- ❑ Understand what laws are in place to protect your interests. For example, Iowa allows for protection under nuisance and trespass laws.
- ❑ Evaluate attorneys' experience and financial arrangements. Some attorneys handle cases on a contingency fee basis, which makes it more possible for community groups to proceed.
- ❑ Organize your community so you can become a viable candidate for litigation and stay organized for the duration of a case.
- ❑ If you are considering legal action, postpone any water or air monitoring until you speak with an attorney.

Directory of Local, Pasture-Raised Meat Products

Everybody's Whole Foods

501 N. Second Street

Fairfield, IA 52556

641-472-5199

www.everybodyswholefoods.com

Everybody's Whole Foods is the largest natural foods store in Southeast Iowa. They have a selection of pasture raised poultry, pork, bison, and beef products as well as grass fed dairy products and eggs.

Wallace Farms

1531 74th Street

Keystone, IA 52249

319-442-3244

www.wallacefarms.com

Wallace Farms is a family farm business offering a wide range of grass fed meat products. Orders are placed online and delivered to 10 locations in Iowa City, Cedar Rapids and the greater Des Moines area as well as three locations in Illinois.

Wallace Farms will add Fairfield to its monthly delivery stops if there is enough interest. To find out more or to express your interest, email FairfieldGrassFed@gmail.com, and you will be contacted about next steps.

Iowa Food Cooperative

4944 Franklin Avenue

Des Moines, IA

515-978-1334

www.iowafood.coop

The Iowa Food Cooperative is made up of over 150 producers offering more than 1000 products including a wide variety of grass fed meat, dairy and eggs. They have seven distribution spots in the greater Des Moines area.

Iowa Valley Food Co-op

201 3rd Ave SW

Cedar Rapids, Iowa

(319) 622-3264

info@iowavalleyfood.com

<http://iowavalleyfood.com/>

Iowa Valley Food Co-op is a direct to consumer web-based cooperative with a wide variety of foods, grass fed beef, pork, and other meat, dairy and egg offerings. They have multiple pickup locations in the Cedar Rapids/Iowa City area.

Buy Fresh Buy Local Providers in Iowa

Southeast Iowa Food Hub

Located in Fairfield, Iowa

www.seiowafoodhub.com

info@seiowafoodhub.com

641-919-0307

The Southeast Iowa Food Hub is a sustainable, organic food network of local farmers and consumers who share a common commitment to healthy farmers, healthy communities, and healthy people – physically, socially, and economically.

This year, during our first season, we are offering local fruits, vegetables, flour and honey through a CSA, and wholesale produce to grocers and restaurants.

In season two we plan to expand our offerings to provide honey, flour, poultry, eggs, dairy and grass fed meat products to Jefferson County and surrounding counties.

Northeast Iowa Buy Fresh Buy Local

www.iowafreshfood.com

River Bend Buy Fresh Buy Local

www.riverbendbfbfbl.org

(Northeast Iowa)

Healthy Harvest of North Iowa

www.northiowafood.org

Drake University Buy Fresh Buy Local

<http://drakebuyfreshbuylocal.org>

(Central Iowa)

University of Northern Iowa Buy Fresh Buy Local

www.uni.edu/ceee/local-foods/buy-fresh-buy-local/buyfreshbuylocal

(North Central Iowa)

Field to Family

fieldtofamily.org

(East Central Iowa)

Local Harvest

www.localharvest.org

(Throughout Iowa and the US)

Eat Wild

www.eatwild.com

(Throughout Iowa and the US)

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