

**Montessori Adolescent Summit on Sustainable Food Systems, Manifesto
Houston, Texas, April, 2017**

The members of the Adolescent Summit on Plants in Houston, Texas commit to:

Eating Healthy by being Mindful of

- purchasing organic food which currently do not include GMOs
- eating local, shopping at farmer's markets, and growing one's own food
- avoiding processed foods

Guiding the School Community into Sustainable Practices by

- keeping the school clean and healthy
- educating younger students and peers
- promoting healthy eating habits
- encouraging school gardens
- using the 4 R's recycle, reuse, reduce and rot (composting)

Influencing the Larger Community by

- growing more native plants
- making healthy food cost effective
- educating others about sustainable food systems such organic, GMOs, biomimicry, climate change, saving seeds, etc.
- fostering dialogues that let different voices be heard
- promoting transparency in big business
- endorsing businesses that use the triple bottom line - money, impact on the community, and care of the environment.
- voting with your dollar

The above items will impact the Earth by Creating Sustainable Environments with Ethical Treatment of All Living Things.