



Food as Medicine  
Global

# Community Guidelines

Together we are growing a community and learning from each other with a mission to create a more equitable and inclusive food as medicine movement. However, we each have our unique perspectives to share and may not always agree with each other.

The purpose of these Community Guidelines is to help us maintain a respectful space for all, even when we have different viewpoints. For example, people have various ideas about what healthy eating means (vegan, vegetarian, plant-based, omnivore, gluten-free, and even the chocolatarian among us) or how best to address food justice issues. We welcome different perspectives.

We are here to increase engagement in positive food system solutions by growing a global community of farmers, seed savers, gardeners, fishers, foragers, ranchers, subsistence hunters, healers, healthcare providers, hospitals, clinics, educators, schools, academic centers, students, wild-crafters, cooks, consumers, pastoralists, forest producers, and more who are united in a vision of food sovereignty and health justice for all.

In that spirit, we offer the following guidelines to support us in growing this community:

- ♥ Feel free to share about your interests and what you are doing on our online community site, but refrain from selling or spamming. If you want to promote your activities or events, please contact us.
- ♥ Be kind and respectful in your communications – imagine how you would feel if you were someone else reading your post.
- ♥ If you disagree with a post, take a breath before responding.

Let us know if there are other guidelines you think should be included. If you have any questions about these guidelines or how to use the Online Community Site, contact us at [heather@foodasmedicine.global](mailto:heather@foodasmedicine.global).

**Thank you for contributing to this global community!**