

# Your Nutrition and the Environment

- **Three Rs of a sustainable lifestyle:**

1. Reduce
2. Reuse
3. Recycle. Those tenets can be put into practice in myriad ways.

- **The ways in which all food is packaged, shipped, prepared, and served are important**

- Look for compostable food packaging
- Bring your own bags to the store instead of using plastic

- **Try choosing USDA-certified organic foods**

- Reduces pollution in the air, soil, and water by ensuring reduced use of pesticides.

- **Eat locally**

- Buying foods grown close to home by local farmers helps reduce greenhouse gas emissions.
- One study published in Environmental Science and Technology found that if the typical American family purchased local foods, greenhouse gas emissions could be reduced by as much as 5% as a result of fewer emissions from production and transportation.

- **Eat fewer processed foods**

- The processing and transportation of packaged foods is much more energy and resource intensive than buying fresh ingredients and cooking from scratch.





- **Eat lower on the food chain**
  - Eat your vegetables!
- **Skip plastic water bottles**
  - Opt for reusable ones. There are several good metal ones and some BPA-free plastic ones from which to choose.
  - You can get a good-quality reusable water bottle for about \$15 to \$20.
- **Bring your lunch to work!**
  - Skip the brown bag and try a reusable lunch bag.
- **Garden and harvest your own vegetables, herbs, and spices**
  - Translates into reduced fuel usage for transportation and fewer carbon emissions.
- **Minimize waste**
  - Buying only what you need or what you will freeze or store for later use reduces landfill garbage and carbon dioxide produced from decomposing foods
  - Food scraps and kitchen waste make good compost, which improves soil so it holds more water, allowing plants to grow better. Good for your garden, good for the earth.
- **Instead of plastic sandwich bags, choose reusable sandwich and snack bags.**
  - They come in a variety of colors and designs and are available at [www.shopwastenotsaks.com](http://www.shopwastenotsaks.com) for \$7.50 each.
- **Choose to dine at green restaurants when you can.**
  - Check with the Green Restaurant Association (GRA) to see whether any in your area are listed as green-certified restaurants.
- **Want to buy a grill?**
  - Consider one powered by propane rather than charcoal
  - A study published in Environmental Impact Assessment Review found that propane has a carbon footprint that is almost two thirds less than charcoal's