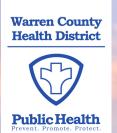
Your Nutrition and the Environment

- 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 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