



# SUPPORT THE ENVIRONMENT

## **In Honor of Earth Day**

It is the perfect time to bring healthy, environmentally-friendly food to the table. So many foods contain chemicals, preservatives, hormones, artificial flavors and colors, and a host of other ingredients that can harm us and the environment.

A positive goal is to purchase and consume the most natural foods and create healthy, simple meals that will do us all well.

### **Healthy, Natural Foods**

Although it can be a little more expensive to purchase all organic foods, a good start can be made by shifting to foods that are in and of themselves natural. Look for items in their purest forms, products made with whole grains and unprocessed ingredients. These are the most healthful for the body, mind and spirit.

### **Organic Foods**

If you want to invest in organic foods, you might want to save your money for the best values: meats and produce. When not organic, these items tend to have the most processing for preservation, flavor and quality. Look for organic, lean meats free of hormones and produce free of harmful pesticides.