

SUPPORT THE ENVIRONMENT

Top Green Eating Tips

Indulge in Organics: When you eat organic, don't just picture the healthy food you are putting in your body, picture the healthy ecosystems which produced that food, the workers who are safer from chemicals, the land, water and air that is being protected, and the wildlife that is being allowed to thrive.

Feast on Fair Trade Fare: Fair trade certified food ensures a proper wage and working conditions for those who harvest and handle it.

Go Local: Buying seasonal, local food is a boon for the environment for a lot of reasons. Since most food travels many miles to reach your table (1,500 miles, on average), locally sourced food cuts back on the climate-change impacts of transportation.

Compost the Leftovers: Greening your meals isn't just about the food that winds up on the plate—it's the entire process, the whole lifecycle.

Raw Foods Equals Fresh Flavors: Whatever the health advantages may be, preparing raw food consumes less energy and because raw food is usually fresh by definition, it is more likely to be locally grown.

Meat-Less Friendly Meals: Meat is the most resource-intensive food on the table and eating less of it can be the single greenest move a person makes.

Health, Nutrition and the Environment®