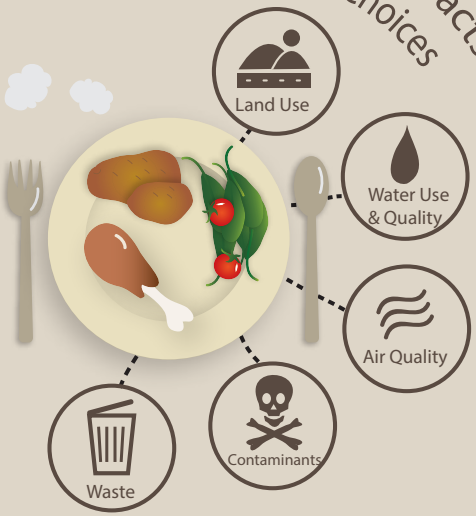
Good for You

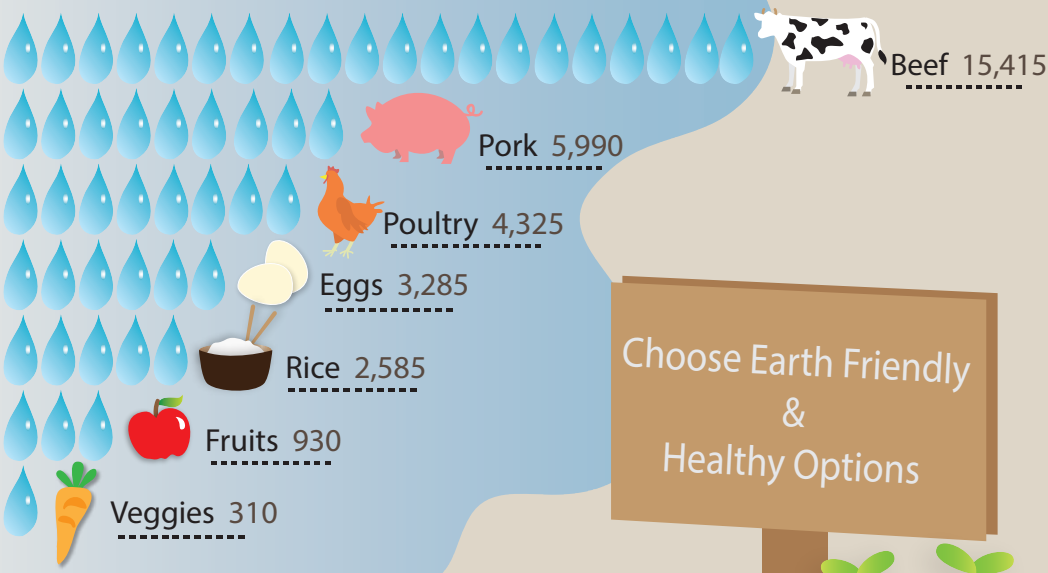
Good for the Planet

The food choices we make not only affect our health, but also have huge impacts on the environment. Making small changes can have big impacts, and often the food that is good for us is also good for the environment.
Read on to learn more!

Environmental Impacts Of Our Food Choices



Numbers in liters of water per kilogram of food (on average):



(Adapted from Barilla Center's Food & the Environment Report, 2013)

Choose Earth Friendly & Healthy Options

Eating more plant-based foods and less meat can reduce your environmental impact.
For example, beef uses more water than other options, and veggies use even less.
Try going meatless on Mondays and check out meatlessmonday.com for more information.

What Else?

Pesticides in our Environment

Over 1 billion lbs. of pesticides are used in the U.S. alone! (Alvanja 2010)

Try to buy organic produce From the Dirty Dozen list. (ewg.org) (Typically has higher pesticide residue.)

apples
peaches
nectarines
strawberries
grapes
celery
spinach
sweet bell pepper
cucumber
cherry tomatoes
snap peas
potatoes

Food Travels...

A typical meal's ingredients travel 1500 miles on average before getting to our tables! (NRDC, 2007)

Eat local!

GO TEXAN.

Look for the Go Texan logo.

Shop at Farmers' Markets.

Buy from a Co-op.

Food Waste Adds Up!

Over 21% of municipal solid waste is food waste! (EPA, 2012)

Reduce Waste!

- Store properly.
- Only take what you can eat.
- Compost food waste.

Remember, even small changes can have big impacts!

THINK GREEN
It's Good for Your Health

Earth Day

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