

Eating sustainably is much more than eating a plant-based or vegan diet.

Sustainability: a social goal focused on humans using the Earth’s available resources over a long time. ([source](#)).

Carbon footprint: amount of greenhouse gas (mostly carbon dioxide - CO2) generated by human actions. ([source](#)).

Where to start?

Fruits and vegetables require fewer natural resources to be grown and harvested compared to most conventional livestock production.

Swap out an animal-based protein with plant-based protein such as:

Quinoa	Soybeans (tofu, edamame*)	Lentils	Black Beans	Kidney Beans
Cannellini Beans*	Black-Eyed Peas	Green Peas	Chickpeas*	Nuts and seeds*

*Choking hazard for children under the age of 4.

A diet composed of ONLY plants (vegan diet) is not for everyone. Animal-based foods provide essential nutrients children need for growth and development.

Consider organic

Organically grown produce avoids using pesticides and fertilizers that harm the earth. By growing organic food, farmers use less energy (a lower carbon footprint) in farming methods and better preserve the soil.

Foods grown and processed according to federal guidelines that address use of additives and animal raising/feeding practices are labeled USDA certified organic.



If organic produce is not in your budget, focus on buying the “Dirty Dozen” (fruits and vegetables containing more pesticide than others):

Apples	Bell Peppers	Blueberries	Cherries	Grapes	Green Beans
Kale, Collards & Mustard Greens	Nectarines	Peaches	Pears	Spinach	Strawberries

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Buy local

The shorter distance from you to the farm means a lower carbon footprint plus the dollars you spend stay in your community.

During winter months, eating local produce may not be realistic. Eat local when a variety of foods are available.



Support sustainable farmers



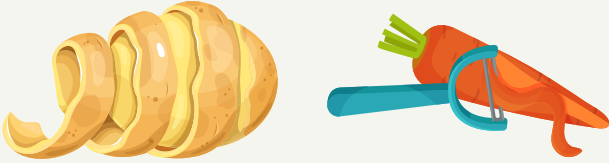
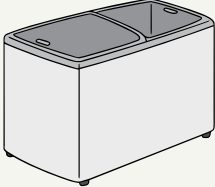

Purchase food from farmers using non-conventional approaches such as regenerative agriculture to raise crops or livestock in a more sustainable manner. Regenerative agriculture is a farming or ranching method that restores degraded soil and protects water resources.

Reduce food waste

30-40% of food purchased in the U.S. becomes food waste.



Prevent food waste:

<p>Plan meals to build your grocery list</p>	 An illustration of a white shopping list with the title "SHOPPING LIST" in red. The list has three items with checkmarks. Next to the list is a brown paper bag labeled "ECO BAG" filled with various fresh vegetables like tomatoes, carrots, and leafy greens.
<p>Inventory your pantry before grocery shopping</p>	 An illustration of a wooden shelf filled with various pantry items, including jars of jam, bottles of oil, and containers of spices.
<p>Save raw vegetable trimmings* to make vegetable broth. *Onion peels, carrot peels, root end of celery, mushroom stems, tomato peels, zucchini and summer squash ends.</p>	 An illustration showing a pile of yellow onion peels on the left and a blue-handled peeler with a carrot on the right.
<p>Freeze items before they spoil for use in soups, stews or smoothies</p>	 An illustration of a white chest freezer with a grey top.
<p>Eat dinner leftovers for next day's lunch</p>	 An illustration of a black microwave oven with a digital display and buttons on the right side.