

FOOD AS A SOLUTION

REDUCING GREENHOUSE GAS EMISSIONS IN YOUR KITCHEN!

EAT LESS MEAT

- Make plants the center of your meals. If using meat, make it a side dish.
- Partially replace meat in recipes with fiber rich foods like beans, nuts, and shredded vegetables.
- Try eating meatless until dinner, or one day a week.
- Give up meat completely.
- Or, only eat meat that comes from local farms that practice regenerative agriculture or managed grazing.

REDUCE FOOD WASTE

- Be aware of what you already have in your kitchen.
- Challenge yourself to come up with fun meals using up what you have.
- Old fruits and vegetables can be blended into smoothies and sauces.
- Share leftovers with friends and neighbors, or freeze for later.
- Love imperfectly shaped produce.
- Compost your food scraps.



SOURCE YOUR FOOD LOCALLY

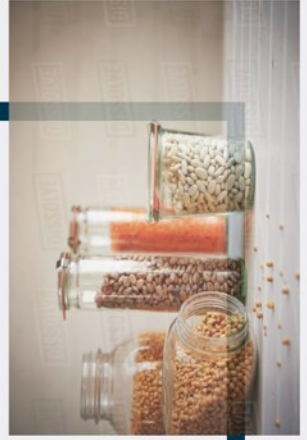
For economic vitality, transparency and resilience

- Get to know your farmers - support regenerative agriculture.
- Sign up for a Community Supported Agriculture (CSA) program.
- Eat seasonally.
- Make the farmers market part of your weekly shopping routine.
- Learn how to grow your own--join or teach a class in your community.



REDUCE FOOD PACKAGING

- Eat more whole foods, and cook from scratch.
- Buy in the bulk section and bring your own containers.
- Reuse and re-purpose jars and other packaging.



BUY ORGANIC and REGENERATIVE

Because:

- It supports biodiversity.
- It promotes better soil health and carbon sequestration.
- It combats erosion.
- Avoids synthetic fertilizers, pesticides and herbicides, which means less nitrous oxide in the atmosphere, and pollutants in the water and air.



"Eating... is inescapably an agricultural act, and how we eat determines, to a considerable extent, how the world is used."

- Wendell Berry