

9 Climate-Friendly Food Tips!



FRESH

It takes 10 calories of fossil-fuel energy to produce a single calorie of processed food! Switch to fresh snacks and ingredients for a lighter “footprint” — your tastebuds and your planet will thank you.



ORGANIC

Foods grown organically skip the synthetic pesticides, fertilizers, and growth hormones and are not genetically modified! Organic not only reduces greenhouse gas but it also builds carbon-storing soils.



SEASONAL

Fruits and veggies that are ripe and in-season have the most flavor and nutrients. By choosing these you are supporting a system that works with our Earth, not against it.



LOCAL

Support the viability of your local food system by joining a CSA, making regular trips to the farmer’s market and looking for signs at your local grocer. Coolest of all? Try growing your own.



UNPROCESSED

Eating real, whole foods provides your body with energy while reducing chemically-laden ingredients and energy-intensive production methods.



MINIMIZE PACKAGING

Packaged foods may seem cheap, but in fact processing and packaging account for 26 cents of every food dollar. Opt out by choosing fresh snacks.



PASTURED ANIMALS

Factory farms contribute to air and water contamination as well as to greenhouse gas emissions. Grasslands grazed by ruminants can rebuild soil carbon, so select 100% grass-fed products instead.



LOW WASTE

Food makes up 21% of waste going into municipal landfills creating planet-warming methane gas. Feed people not landfills by cooking what you need, loving your leftovers, and composting what’s left.



COMPOST

Composting keeps food scraps out of the landfill while turning them into “black gold”, a valuable resource that feeds the life in the soil. It’s a win-win above and below ground.



CenterForFoodSafety.org SoilSolution.org

