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.

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