

Sustainable Food

Did you know...

- The food choices we make every day have a big impact, not only on your health, but also on the health of our planet.
- Americans throw away 20 pounds of food each month - that's over \$30/person going to waste.
- Take time to investigate product certification labels which signify ecological, social, and economic benefits, such as "fair trade."

Here are ways to reduce your food footprint:

- If you have a meal plan, take only what you'll eat, and eat what you take. If you cook, plan a weekly menu to reduce overbuying and waste.
- Eat lower on the food chain by adding more fruits, veggies, and grains to your diet.
- Try going meatless at least one day a week.
- Look for fair trade options for produce and pantry staples such as coffee and tea. Learn more [here](#).
- Take home and eat leftovers. Compost the rest!
- Learn to store fruits and vegetables so they stay fresh longer inside or outside your refrigerator.
- Support local producers and check out the [weekly farmers markets](#).
- Plant and grow your food in a UCI community garden.