

Celebrate Earth Day by Eating for the Planet!

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Earth Day

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What is Sustainable Eating?

Unless you're a farmer, the best way to support sustainable farming and benefit the Earth is to eat sustainably!

Sustainable eating is about choosing foods that are healthy for our bodies and the environment. Eating less meat and more plant-based foods is one way to shift your diet to be more sustainable.

A plant-based diet includes more beans, peas, lentils, peanuts, whole grains, vegetables, fruits and nuts, and less foods from animals (especially red meat and processed meat).

Tips to eat more sustainably:

Grow your own food

- Don't feel like you need to have a full garden. A couple potted plants on your patio growing tomatoes or herbs is great!

Buy local

- Whether a local small supermarket or a farmer's market, shopping local gets you fresher food and supports your community.

Eat seasonally

- Buying fresh foods during their natural local season gets you the best tasting and most nutritious items, while also reducing fossil fuels from less transport.

Avoid excess packaging and plastics whenever possible

- Try to purchase items in bulk with minimal packaging to reduce waste, and opt for glass and reusable containers over plastic (especially when buying drinks).

