

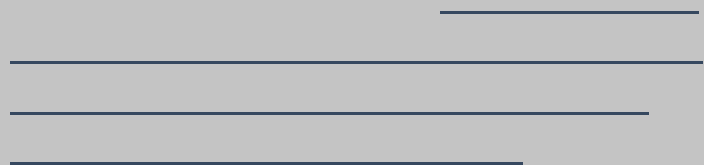
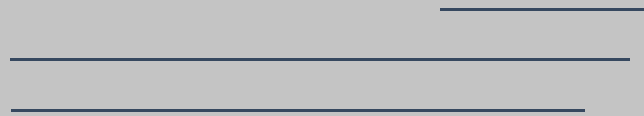


### In This Issue:

Are you concerned with climate change but wonder if your actions matter?  
Want to improve your health?

## Nourish Your Body and Nurture the Planet

March is National Nutrition Month. This year, we're focusing on how the food we eat impacts our planet with a focus on earth-friendly, sustainable eats. Sustainable eating includes



Wasted food is another area with significant effects on our planet. As much as 30-40 percent of food is wasted in America, with much of that coming from our

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How we can make a positive impact on our future. Here are food-related shifts that benefit the environment and your health.

Shift toward a greener diet:

- Eat more plants – especially whole grains, legumes and vegetables. Include an array of colorful vegetables at every meal. Substitute them for refined grains, processed foods and sugar.
- Challenge yourself to try new foods, different ingredients and new recipes.
- Show some love to that ugly vegetable. Imperfect produce is often rejected by consumers.
- Eat less meat and dairy to reduce your personal carbon footprint. Meatless Monday is a good place to start. Try a meatless dish at Commons, your home or favorite restaurant.
- Buy locally – locate a farmers market near you and enjoy produce that is fresher, better tasting and has more nutrients than store-bought produce that has traveled across the country.
- Reduce packaging – reduce the amount of plastic, paper, metal and energy that goes into packaging.
- Bring your own bags to the grocery. Reduce plastic waste.
- Decrease garbage – buy only what you need, make use of leftovers, compost your food waste and reduce the carbon emissions from landfills.

