

Think vehicle efficiency! B



MEAL PLANNING FOR THE PLANET...

...reducing food miles and greenhouse gas emissions

Eat a nutrient balanced diet!

Eating a diverse diet high in fruits and vegetables is a smart choice - low in saturated fats, high in fibre, essential vitamins and minerals. Protein substitutes such as tofu, beans, seeds, and nuts, are good for your health and the planet!

Shop locally to reduce food miles -

look for the markets and farm sales. Pick your own berries from the wild or from "pick-your own" farms.

see <http://www.norontagrifood.org> for more information on local farms

Pickle and preserve fruits and veggies

- follow instructions carefully to avoid contamination problems and botulism.

What is a healthy portion size?

How many calories is in the food you eat?
Smaller meals spread out over the day - called "grazing" - is a good way to put more fresh fruit and raw vegetables into your diet.

Grazing keeps your metabolism up!

-include some protein in your breakfast.
Understanding your food needs reduces food waste!

see <http://www.lesliebeck.com> for more information on nutrition and diets

Plan meals ahead and cook from scratch.

try to involve everyone in the family.

Think about energy efficiency when you

select appliances - small toaster ovens and grills are also less expensive to use
Your fridge should be between 35 - 40 °F

or 1.7 - 3.3 °C. *Conserve water* -

install low-flow showerheads and faucets
- your hot water should be between 130 - 140 F or 55 - 60 C.

see <http://www.nrcan-rncan.gc.ca> for info on climate change and reducing GHG's

The Foodshed
THINKING ECOLOGICALLY Project

...a sustainable eating initiative