

# Food Sustainability is...

A sustainable food system values and cares for the earth. It produces food that is grown and processed close to those who consume it in such a way as to conserve natural resources and biodiversity. A sustainable food system supports social inclusion, as well as economic, environmental, and nutritional well-being for all citizens.

- ✓ eat local food - food within 150 miles
- ✓ join the Eat Local Sudbury Cooperative ([www.eatlocalsudbury.com](http://www.eatlocalsudbury.com))
- ✓ reduce personal grocery store driving “food miles”
- ✓ plan meals and ingredient amounts to reduce food waste
- ✓ cook most meals from whole ingredients
- ✓ eat more vegetable protein alternatives, such as beans and lentils
- ✓ preserve local harvest products for winter
- ✓ grow your own garden, save your own seeds!
- ✓ preserve biodiversity in the garden, your lawn, and the environment
- ✓ compost organic food waste
- ✓ reduce food waste through meal planning
- ✓ reduce packaging waste at home, school, and office
- ✓ recycle cans, glass, plastics, boxboard and cardboard
- ✓ purchase energy efficient appliances
- ✓ read food labels and ask if food is genetically modified
- ✓ ask for local food at grocery stores and restaurants