

## Why Food Sustainability Matters

- ❖ **Animals are increasingly raised purely for profit, without regard to proper stewardship or health**
- ❖ **Our current agricultural system puts a heavy emphasis on monocropping, and the government is subsidizing it**
- ❖ **Food is transported and processed using significant amounts of non-renewable resources**
- ❖ **Food is being genetically modified, cloned, and patented**

## Sustainable Foods...

- ❖ **are real foods that our bodies were designed to eat**
- ❖ **are healthy for us, the soil, and the animals**
- ❖ **do not harm the environment**
- ❖ **are humane for both the workers and the animals**
- ❖ **provide a fair wage to the farmer without the use of gov't subsidies**
- ❖ **support the local economy instead of large corporations**

## Steps You Can Take to Eat Sustainably

- ❖ **Learn to Cook:** Without basic cooking knowledge, none of this is possible. Learning to cook your favorite foods using local ingredients can really make all the difference.
- ❖ **Shop Locally:** Shopping at your local farmers market supports area farmers and keeps \$\$ in the local economy. Only buy as much as you will eat to minimize food waste going to municipal landfills.
- ❖ **Eat Seasonally:** Eat root vegetables and hearty greens in the fall and winter; eat salads, fruit & tomatoes in the summer.
- ❖ **Buy Fair-Trade:** When you don't know your farmer because you're buying a product from a foreign country, look for the words "Fair-Trade". This label ensures that the farmers are treated justly and paid fairly for their work. [www.fairtradeusa.org](http://www.fairtradeusa.org) provides a handy shopping guide to help you find certified products wherever you shop.
- ❖ **Grow Something:** Start simply. Herbs and lettuces are quick and easy and radishes grow really fast, too! Even if you rent, you can create an inexpensive container garden. For a great how-to guide, go to [www.RodalesOrganicLife.com](http://www.RodalesOrganicLife.com)
- ❖ **When Dining Out:** Find restaurants serving local, sustainable food at [www.eatwellguide.org](http://www.eatwellguide.org) (the site also includes other local sources, like farms and markets).
- ❖ **Stay informed:** There are many websites devoted to food sustainability issues, ideas, and instructions on how to eat more sustainably. One comprehensive site is [www.sustainabletable.org](http://www.sustainabletable.org), and one devoted specifically to North Carolina is [www.carolinafarmstewards.org](http://www.carolinafarmstewards.org).

- ❖ **Vote with Your Forks AND Ballots:** Food policy is an important piece in addressing food sustainability issues. Vote for legislators that promote positive policies that support healthy diets, improve food access & affordability, uphold the rights and dignity of food and farm workers, and reduce the environmental impact of farming and food production. Find out how your legislators have voted on important food policies at [www.foodpolicyaction.org](http://www.foodpolicyaction.org).

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