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local. sustainable. organic.

It's Earth Day—Green Your Fork & Help Save the Planet!

Eat Well Guide to Launch Green Fork Blog April 22

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New York City—April 22, 2008— Across America, people are waking up to the realization that the way our food is produced has profound implications for both the environment, and public health. With Earth Day upon us, one of the most vital actions people can take to support the environment is changing what they eat to more locally-grown and sustainably-produced food.

"With skyrocketing fuel and grain prices, it's never been more important for people to vote with their forks as they spend their hard earned dollars. In the midst of a global energy and food crisis, industrial agriculture continues to incorporate the use of fossil-fuels at every stage of production, from petroleum-based pesticides and fertilizers to endless shipping," says Eat Well Director Destin Joy Layne. "There are thousands of family farmers and restaurant owners who are conserving resources and providing better food to local communities. People that should be celebrated! With so much beautifully produced food right around the corner, it makes sense to buy locally. The Eat Well Guide is your solution to finding good food wherever you go."

This Earth Day, the team at the Eat Well Guide, www.eatwellguide.org, is launching a new blog called **The Green Fork**, to continue helping conscientious eaters find resourceful information that highlights leaders in the fight for good food. The Eat Well Guide, which hosts thousands of listings of small-scale farms, restaurants, and other "green food outlets" throughout the US and Canada, continues to expand by including produce farms, farmers markets and vegan restaurants, as well as "Water-Conscious" ratings that inform consumers about local restaurants that are moving away from the ecologically unsound bottled water trend. The Eat Well team is currently at work on new cutting edge features to make it easier than ever to eat greener, including an interactive mapping and travel feature due to hit the Web this summer.

The Green Fork kicks things off with 20 delicious ways to tread lightly while eating well. Visit www.blog.eatwellguide.org for the entire list.



3 Ways to Green your Fork—

1. **Buy local & Save money.** Farmer's markets are springing up (and so are gas prices)! Why pay more for goods shipped across the country when you have fresh and delicious food right around the corner? Buy direct from the farmer whenever possible, at the market or through Community Supported Agriculture (CSA), and support restaurants that serve locally-grown, sustainably-produced food. Search the [Eat Well Guide](#) -- you may be surprised how many local producers are in your area.

2. **Switch to grass-fed.** It's healthier for you and for the Earth! And did we mention leaner? Grass-fed meat has less saturated fat, lower cholesterol, and fewer calories, and more of the good stuff- vitamin E, beta-carotene, and vitamin C. Pasture-raising animals has a much lower impact on the environment than raising them in factory conditions because it eliminates the need to ship grains, and because animal waste is managed in more natural and sustainable ways. Visit [Eat Wild](#) for more info.

3. **Take back the tap.** Ditch that bottle of water--it's likely from a tap somewhere anyway, and packaging and shipping are a tremendous waste of energy and resources (not to mention, the other green -- money). Find more info at [Food & Water Watch](#) -- they're also announcing the winner of their "I Heart Tap Water" video contest today!

The Eat Well Guide, a program of GRACE, promotes community-based solutions for the production and consumption of food and water. Working with research, policy, consumer and grassroots communities, GRACE raises public awareness and advances innovative solutions to create an economically and environmentally viable future, and eliminate practices that are harmful to the environment and public health.

www.EatWellGuide.org