

# 10 STEPS TO EATING SUSTAINABLE

Want to eat better but aren't sure what to do? Below are some suggestions on what you can do to eat healthier, shop smarter and find great tasting sustainable food in your area!

- 1 EDUCATE YOURSELF.** Why should you eat local sustainable food? Learn about the issues at Sustainable Table, [www.SustainableTable.org](http://www.SustainableTable.org), and by watching The Meatrix films, [www.TheMeatrix.com](http://www.TheMeatrix.com). If we do research before we buy a car or computer, why not spend a little time to learn about the kind of food we're eating?
- 2 SHOP SUSTAINABLE.** Don't expect to change everything overnight. Start with one item and pledge to buy it sustainably, such as buying one organic dairy, meat or produce item at your supermarket or one local food at a nearby farmers' market. Visit the Eat Well guide, [www.EatWellGuide.org](http://www.EatWellGuide.org), to find local sources for sustainable food, including farms, stores, restaurants, co-ops, farmers' markets and other outlets in the United States and Canada.
- 3 ASK QUESTIONS.** Ask questions everywhere you go. Were pesticides put on the produce? What were the animals fed? How were they raised? Find more questions (and answers!) at [www.sustainabletable.org/shop/questions](http://www.sustainabletable.org/shop/questions).
- 4 REDUCE YOUR MEAT CONSUMPTION.** The recommended daily allowance of meat is 5.5 ounces. Americans are currently averaging 8.4 ounces per day. If every American cut out meat just one day a week, it would have a huge positive impact on our environment - and the health of our bodies too! Visit [www.MeatlessMonday.com](http://www.MeatlessMonday.com).
- 5 EAT SEASONAL.** Buy locally grown fruits and vegetables when they are in season. A good tip: Eat your in-season favorite until you can't eat it anymore. You will be less tempted to buy it when you see it out of season!  
[www.sustainabletable.org/shop/eatseasonal](http://www.sustainabletable.org/shop/eatseasonal)
- 6 GROW YOUR OWN.** Bypass the industrial food system altogether. Nothing is more special than the connection you have with the food you grow, whether it be a large backyard garden or herbs in a pot on your kitchen windowsill. It's as local as you can get!  
[www.sustainabletable.org/issues/buylocal](http://www.sustainabletable.org/issues/buylocal)
- 7 COOK.** Re-learn (or learn!) the joy of cooking. Find great recipes in the Sustainable Kitchen, [www.sustainabletable.org/kitchen/recipes](http://www.sustainabletable.org/kitchen/recipes).
- 8 TAKE BACK THE TAP.** Bottled water causes a lot of problems, from environmental damage to plastic leaching into the water. Visit H2O Conserve, [www.H2OConserve.org](http://www.H2OConserve.org), to calculate your water footprint. Also join Food & Water Watch's Take Back the Tap campaign and pledge to reduce your consumption of bottled water. [www.TakeBackTheTap.org](http://www.TakeBackTheTap.org)
- 9 SPREAD THE WORD.** You can contact public officials, voice your opinion, and stay on top of current issues with food. You can also help to educate others about the problems with industrial agriculture and the benefits of sustainable food. Download a presentation kit and table at events, give a speech, leave cards at businesses you would like to see become more sustainable. Find out more at [www.sustainabletable.org/spread](http://www.sustainabletable.org/spread).
- 10 ENJOY!** Fresh, healthy sustainable food from your local family farmer simply tastes better. Try some today - and let us know what you think!  
[info@sustainabletable.org](mailto:info@sustainabletable.org)

Sustainable Table celebrates local sustainable food, educates consumers on food-related issues and works to build community through food.

For more information, please visit [www.SustainableTable.org](http://www.SustainableTable.org).

