

Eat Sustainably:

As soon as you start to look for sustainably grown food, you'll find it's available and delicious.

Please ask supermarkets to carry locally grown organic food.

Avoid Fast Food Restaurants when possible.

Learn to cook with family and friends!

Start with one day a week that is devoted to healthy, sustainable eating. Invite friends. Enjoy!

It takes 16 pounds of grain and 2,500 gallons of water to produce one pound of beef.

"A single dairy cow produces about 120 pounds of wet manure per day, which is equivalent to the waste produced by 20-40 people. That means California's 1.4 million dairy cows produce as much waste as 28-56 million people."

- U.S. Environmental Protection Agency, "Notes from Underground," Fall 2001

Choose to eat a plant-centered diet. Eat more organic, locally grown vegetables and grains, less meat, less dairy. Eat as close to vegetarian as you are comfortable with.



"Humans, despite our artistic pretensions, our sophistication and many accomplishments, owe the fact of our existence to a six-inch layer of topsoil and the fact that it rains."
~Anonymous~

http://www.sierraclub.org/sustainable_consumption/

The True Cost of Food

It is we, the consumers, who end up paying the "true cost of food" through

Lost Wilderness

Water and Air Pollution

Environmental Clean Up Costs

Energy Waste/Global Warming

Fecal Waste

Health Related Costs

Taxpayer Agribusiness Subsidies

True Costs of Food

With every meal, we make a choice. The choice is easy, what's best for our health is best for our environment. Some of the choices that seem easier and cheaper end up harming our bodies, damaging our environment, and reducing the quality of our lives. Poor diet choices cost more money in the long run.

Think about both your health, your children's' health and the health of our Earth:

A delicious cooked meal, especially if it's shared with friends and family, provides nourishment for the spirit as well as the body. Historically, food was a celebration of life: Growing, preparing and eating the fruits of the field were once one of the strongest ties to community spirit.

Choose organic food whenever you can:

Organic food is food that is grown without the use of insecticides, herbicides, fungicides and synthetic fertilizers. These poisonous chemicals accumulate in your body, and with a lifetime of exposure may cause serious health consequences. Recent studies have shown that levels of these chemicals are acceptable in adults can be damaging to children and may be

responsible for increases in childhood diseases.

Agricultural chemicals are the greatest single contributor to water pollution and wildlife deaths. Billions of dollars are spent each year to remedy the effects of non-organic (agribusiness) farming.

Eat a Plant Based Diet:

We can get our nutrients much more efficiently from vegetables and grains than we can from meat.

And what are the costs of eating all that meat? Forty to fifty per cent of the land in the world is dedicated to the care and feeding of cows. Once beautiful forests and prairies are now given to grazing cattle and growing grain to feed cows. Eighty per cent of the grain in the United States goes to cows, ninety per cent of the soy; barley and oats are for cows. In the drier areas of our country, raising meat uses critical water supplies. The huge factory farms where cows, pigs and chickens are raised produce pollution that gets into our water making it necessary to spend billions of dollars on filtration and cleanup. These operations create methane gas that contributes to global warming.

Moreover, beef is high in artery clogging saturated fat. Grains, fruit, legumes and vegetables contain little or no fat. Eating

animal products is the main cause of heart attacks and strokes.

A diet high in fish consumption may be the most destructive. The ocean is being strip mined by government subsidized factory ships. Two thirds of the world's fishing areas have "crashed." There are simply no more fish there left to catch commercially.

Support local, responsible food producers:

Our food travels an average of 1,300 miles before it reaches our homes. Buying local food means fewer trucks and less air pollution. Less overseas shipping also greatly improves air quality. The Port of Los Angeles/Long Beach creates 64 tons of particulate pollution daily.

The United States has stronger pesticide laws than most of the third world countries; many continue the use of DDT. Sanitation regulation in some countries is practically non-existent.

But most important: buying local foods helps keep small, responsible farmers viable. If we give control of our food production to large corporations, we will be forced to eat the food that they choose: genetically modified, pumped full of antibiotics and synthetic fertilizers, chosen for transportability and appearance rather than taste and nutrition.