

# Ten things You can Do to SUPPORT a SUSTAINABLE FOOD SYSTEM

1. Choose foods that are grown and processed locally.
2. Choose certified organic foods.
3. Choose food through farmers' markets, food co-ops, or a community supported agriculture program, and encourage your supermarket to carry local and organic
4. Buy food in bulk, with the least packaging, and recycle or compost packaging and food waste.
5. Choose foods that have been processed as little as possible.
6. Eat less meat and fewer dairy products and choose those that are pasture-fed, organic, or free-range.
7. Buy products that are fairly traded to guarantee farmers and food industry workers a living wage and an acceptable quality of life.
8. Understand that paying more for sustainable foods encourages practices that may reduce environmental and social impacts.
9. Grow your own and cook at home.
10. Teach your family and friends about how their food choices impact society and the environment. Contact government officials to encourage their support of a sustainable food system.