

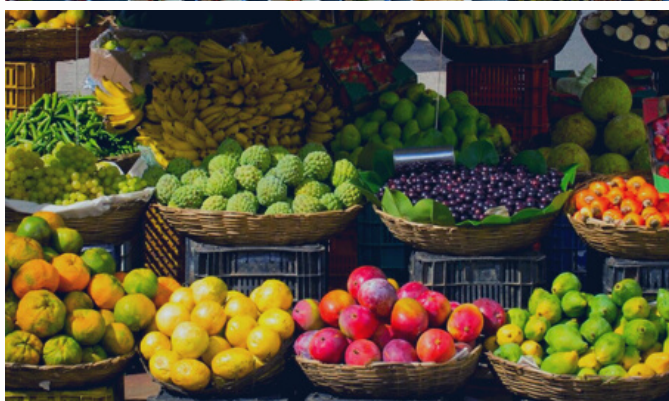
SUSTAINABLE EATING MADE EASY!

Tips for Sustainable Eating

- 🌳 **Shop at Farmers' Markets:** Visit the Grow NYC (gownyc.org) or USDA's National Farmer's Market Directory (<https://www.ams.usda.gov/local-food-directories/farmersmarkets>) to find Farmers Markets near you!
- 🌳 **Join a local CSA (Community Supported Agriculture) :** Get local produce delivered weekly and support local farmers.
 - **Know your NY Produce:** NYS offers a variety of local produce throughout the seasons. To learn more visit- agriculture.ny.gov/AP/agsservices/HarvestChart_2016_English.pdf
 - **Embrace the big freeze:** Frozen organic produce is often affordable and is nutritious too. Stock up on fruits and vegetables for smoothies, soups, omelets and more!
 - **Meal plan, to avoid food waste:** Plan your meals for the week before heading to the grocery store. You'll stay focused, efficient and prevent food waste!

References:

<https://www.foodmatters.com/article/10-tips-for-buying-organic-food-on-a-budget>
<https://eating-made-easy.com/9-ways-make-organic-food-affordable/>
<https://www.cornucopia.org/2015/03/10-ways-to-eat-organic-on-a-budget/>



Shopping Tips:



Look for the USDA Seal:

The seal indicates that the food was produced without synthetic additives like pesticides, chemical fertilizer and other practices that might have environmental impacts.



Know the "Dirty Dozen" and "Clean Fifteen" lists:

Released every year by the Environmental Working group these lists highlight foods with the highest and lowest pesticide residues. (www.ewg.org)



Check the origin labeling: The USDA requires retailers to tell their customers where their food comes from. Be on the lookout for stickers and signs indicating the food's origin and choose foods that are more local to you.



Understand seasonality: Learn more about what grows near you and during which seasons. Use the **Seasonal Food Guide** app as your assistant!

Check the
Sustainable Recipes
Handouts for more
delicious and
healthy recipes!

