

Limiting Food's Impact

Earth-friendly food tips

1. Buy Local

On average, our food travels 1500 miles before it reaches our dinner table. By eating locally grown food, vehicle emissions are reduced drastically.

2. Compost kitchen scraps

Composting produce scraps and putting them back into the ground provides the needed nutrients for healthy gardening.

3. Start your own garden – or join a community one!

Local food is healthier, uses less fuel and contains more flavor. Gardening is also great exercise!

3. Buy organic

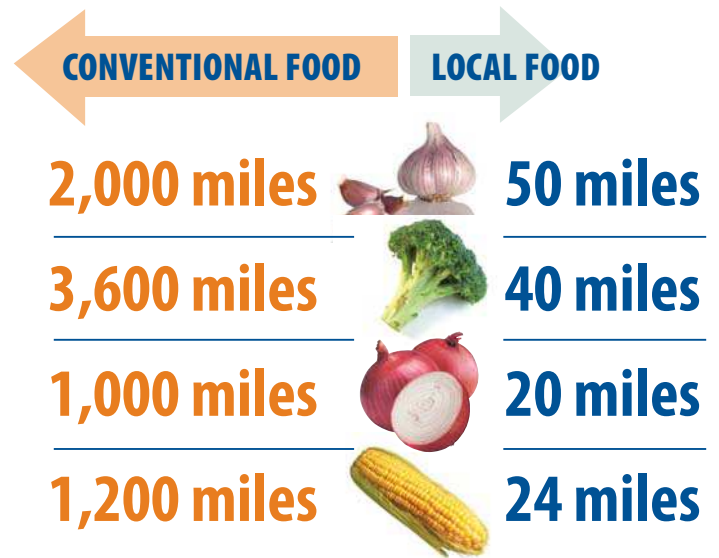
Many fertilizers contain toxic and otherwise harmful chemicals that seep into our waterways and pollute the ground.

Conventionally-grown berries, peppers, cantaloupes and apples are among the foods most-heavily treated with pesticides.

Food transportation

120 million tons of CO2 emissions are directly attributable to domestic food transport each year.

AVERAGE NUMBER OF MILES OUR FOOD TRAVELS



To survive 1,569 miles on the road, conventionally grown tomatoes are picked while hard and green and then gassed with a hormone to help them ripen.

Locally grown tomatoes, traveling an average of 60 miles, get to ripen on the vine!