

Eat Differently

Try a meatless meal

The livestock sector is a huge contributor to climate change and water pollution. It accounts for **nearly 18 percent of greenhouse gas emissions**. This is all the more reason to take a bite out of climate change by eating meatless meals at least one day a week. If meatless is not an option, look for locally grown meats or wild game.

Check what's currently in your kitchen

Do you have **packages of processed foods** with long ingredient lists that resemble chemistry experiments? **Is any of your food organic or locally grown?** Begin the process by weeding out highly processed foods. As you increase your fruits and vegetables, replace them with ones that are organic or locally sourced.

When shopping, buy sustainable

Check out all of the delicious food shopping alternatives just waiting to be discovered - organic markets, **local farmers' markets**, and big supermarket chains with **new organic food aisles**. Google a **local artisan baker** or track down a **local dairy, local cheese maker, or local brewery**. The key word is local.

Check food labels

Most of us already read labels for calories and fat content. Also look for the new labels -- now appearing on packages more and more -- that will guide your **green eating**. **Organic? Fair Trade? Certified Naturally Grown?** Try the Daily Green's "Organic Food Label Decoder" to learn the differences at **www.thedailygreen.com**.

Plan locally sourced meals

Did you know that a typical, **conventionally grown carrot travels 1,838 miles** to reach your dinner table? Reduce food miles and support your local economy by eating a couple of locally sourced meals a week. It's one of the greenest, healthiest and most delicious things you can do. Try growing a potted vegetable or plant an apple tree or a small garden in your own back yard.

SEE THE LIST OF LOCAL FOOD GROWERS OR PRODUCERS