

NWEI ECO CHALLENGE

My EcoChallenge is: Sustainable Eating

Why Choose Sustainable Eating As Your Eco Challenge:

There are many options to consider when choosing your food. Is it organic? Is it locally produced? Is it in season? Sometimes it is hard to distinguish what is a good choice for you—and the planet. As a consumer you are a powerful and influential player in our food systems. We encourage you to “vote with your dollars” when making food choices—during the EcoChallenge and in the future. (And don’t forget to bring your reusable shopping bags when you go to the store)

I Will:

- purchase 90% of my food from locally produced and/or organic sources
- purchase a most of my produce & fruit from the farmer’s market
- eat only food that has been raised and cultivated within a hundred mile radius of where I live, known as [The 100 Mile Diet](http://www.takepart.com/lists/food-inc-hungry-for-change/10420) (<http://www.takepart.com/lists/food-inc-hungry-for-change/10420>). You’ll take eating locally to the next level if you try this one!
- visit a nearby farm, learn about what they produce and pick my own fruits and veggies
- plant an herb windowsill or herbs in pots (this can be done at any point during the year)
- try cooking 5 new recipes that feature locally purchased products
- choose sustainable seafood options every time I eat fish during the EcoChallenge
- consider joining a community garden
- only eat meat twice per week, (if I eat meat)
- try something I haven’t done with food before such as canning, drying, or jamming local foods or baking bread
- participate in planting and growing food. If you do not have a garden of your own, help a friend with theirs or volunteer at a community garden

Other Sustainable Eating Suggestions:

When eating out ask where the restaurant sources their ingredients and choose and encourage local and organic options. (Be a sustainable food advocate and encourage them to add local & organic options to the menu if they are lacking)

Get up to speed on food legislation and share your opinion to your representatives [Get Involved](http://www.takepart.com/lists/food-inc-hungry-for-change/10420) <http://www.takepart.com/lists/food-inc-hungry-for-change/10420>

Research and become involved in a local group/campaign such as providing sustainable food in school cafeterias

Organize an NWEI’s [Menu For The Future](http://www.nwei.org) Discussion Course-www.nwei.org

Do some reading about sustainable food (see resources for a reading list)

Watch a documentary film about food with friends, to get them involved in sustainable eating too (some suggestions include: Food Inc., The Future of Food, Supersize Me, and King Corn)

More about choosing local and organic foods:

Benefits of the Farmer's Market

- You can meet the farmers & support the local farm economy
- Know *exactly* where your food came from (and you're often able to visit the farms too)
- Save money on some products
- Artisan products are available at many markets
- In many cases, more ethical and healthy farming practices

Benefits of Purchasing Local Foods

- Supports local community
- Often supports family farms/small scale
- Better for the environment
- Eating seasonal and natural local produce

Benefits of Buying Organic:

- Better for the environment
- Free of pesticides and fertilizers—better for your health
- More likely to be raised/grown ethically
- Organic farming is less resource intensive and better for the land on which we grow food

Want to learn more? Check out these links:

www.localharvests.org: Nationwide database locating farmers markets, farms, and sustainable food near you.

www.seafoodwatch.com: Information on endangered fish and sustainable seafood

www.slowfoodusa.org: Database of foods that have become endangered because they are no longer eaten.

http://www.slowfoodusa.org/index.php/slow_food/blog_post/a_slow_food_reading_list/
Slow Food USA's recommended reading list with a range of topics and authors

www.locavores.com: A website dedicated to eating locally, seasonal cookbooks, blogs, and information

<http://www.takepart.com/lists/food-inc-hungry-for-change/10420> Get up to date with food related legislation & politics and find out how to take action

http://www.goodguide.com/issues/2009/3/13/guide_to_food_certifications: Guide to labels

www.farmersmarket.com: Farmer's Market locations, hours and information



*** ENGAGE ***
*** QUESTION ***
*** PARTICIPATE ***
**IN CHOOSING YOUR
FOOD!**

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