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Cooking on Campus: BREAKFAST FOR DINNER
Tuesday, 4/24, @ 5:15-6:30pm @ UA Outdoor Rec. Only \$7!
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3 Ways to be an Eco-Friendly Eater

As we have become more food savvy and environmentally aware, it's clear that what we eat has an impact on the Earth. Depending on the route our food has taken from farm-to-plate, it has affected our environment by way of global warming, air and water pollution, and soil erosion. So, what's an Earth-loving eater to do? Here are some tips to help green-up your grub.

Eat Local. Eating foods that are grown and picked in close proximity to where they are purchased is one of the best ways to lower your carbon footprint, or the estimated amount of greenhouse gasses (GHG) produced by various activities. Going to farmer's markets and shopping at grocery stores that sell locally and/or regionally grown foods means foods have spent less time stored and shipped to market, thus are fresher. Farmer's markets help support local farms, the economy, and give you the opportunity to speak with the farmers and ask questions about where and how the food was grown. To find a farmer's market near you, visit LocalHarvest.org.

Eat Seasonally. You can purchase watermelons in the winter, but they look

and taste better in the summer. Why? Because certain foods grow best, taste best, and are nutritionally best during certain times of the year. Also, when farmers are harvesting an abundance of seasonal produce, the price of those foods drop. Planting and harvesting takes place year-round in Arizona, but now is the season to purchase locally grown lettuce, peas, sweet onions and zucchini! For more information on what's in season, visit FillYourPlate.org.

Minimize Meat. It's no secret that meat production is a substantial contributor to GHG emissions, so eating beef, pork and lamb less often and in smaller portions can help the environment and your health. Try going meatless at least once a week and experiment with vegetarian dishes that replace meat with plant proteins like beans, lentils and tofu. These foods are budget friendly and are good for your heart! According to the [U.S. Environmental Protection Agency](http://www.epa.gov), meat production does have environment affects (9% GHG emissions), but collectively, the largest impacts are from electricity (29%), transportation (27%) and industry (21%).



CAMPUS HEALTH

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Food and nutrition services (including healthy eating, cooking skills, weight management, digestive problems, hormonal and cardiovascular diseases, and eating disorders) are offered year-round at Campus Health. Call (520) 621-6483 to make an appointment.