

# What To Do?

## How to Eat for a Better World

### At Home

- Eat fewer processed foods. Eat foods as close to their natural state as possible.
- Limit your meat intake.
- Increase vegetable proteins (e.g. nuts, peanut butter, beans) and replace meat with renewable animal protein (e.g. eggs and dairy). Otherwise, try smaller meat portions and meatless days.

### In Restaurants

- Don't hesitate to ask the server where the food was grown or if the restaurant buys certified organic foods. Many chefs buy their produce at local farmers' markets too.

### In the Garden

- Planting a vegetable garden is a fun, inexpensive and delicious undertaking that can provide fresh produce for half the year.
- If you don't have the space for a garden, join a community garden in your area.

### At Work and School

- Pack your lunch and beverages, and use reusable containers (reuse your glass juice bottles; invest in a thermos or travel mug; use plastic sandwich containers, etc.).

### In the Community

- Shop at your local farmers' market.
- Join a food co-operative. This is a good way to have a say in which foods and products the co-op sells and, depending on the co-op, members often get a discount.
- Ask local institutions, such as hospitals, nursing homes, military bases, schools and universities, to serve locally grown foods.
- Find out if there is a CSA (Community Supported Agriculture) organisation in your area! These farms act as cooperatives, with both farmers and consumers as shareholders.



## Top 5 Tips

### Eating for a Better World

1. Buy local and in season.
2. Buy organic, free range and fair trade whenever possible.
3. Read labels.
4. Choose products with minimal packaging.
5. Make requests! Get active!



### Choose these foods more often

- Local potatoes
- Maritime vegetables
- Local apples, pears and berries (in season)
- Apple and cranberry juice
- Cabbage in winter
- Wheat crackers
- Local honey and maple syrup
- Local sunflower seeds and hazelnuts
- Eggs, tofu, and beans
- Local, grass-fed beef
- Free-range poultry
- Tap water
- Foods in their natural state
- Certified organic food

If you want to support local farmers and get 160 great new seasonal recipes, check out our coil-bound cookbook, *Eating by the Seasons*. All recipes feature Nova Scotian-grown bounty.

Available at the Ecology Action Centre for only \$10.

### At the Grocery Store

- Buy local and buy in season! The origin of the produce in our grocery stores is usually shown but if you're not sure, ask one of the managers.
- Read labels. Consider how far your food has travelled before you decide what to buy. Also, buy certified organic and/or fair trade foods when possible. Try to avoid foods that are highly processed and contain many additives.
- Choose foods with minimal packaging and/or packaging that can be recycled.
- When buying meat, poultry and eggs, choose local free-range/free-run products. Also, look for antibiotic- and hormone-free meats. Ask at the meat counter if they carry such products.
- Choose fish that haven't been over-harvested and are caught using ecologically sound gear. Visit [www.seachoice.org](http://www.seachoice.org) for more information.
- Remember, your grocery store managers are listening. Make requests! Ask for what you want!

### Choose these foods less often

- Rice
- Imported vegetables
- Bananas, mangoes, pineapples and oranges
- Orange and grapefruit juice
- Imported lettuce in winter
- Rice crackers
- Sugar
- Cashews and almonds
- Meats
- Imported, grain-fed beef
- Grain-fed poultry
- Bottled beverages
- Processed foods
- Industrially produced food