

Craft an Eco-Friendly Meal

Using any combination of these tips will help you to create a more eco-friendly meal that still tastes great!



Reduce the use of meat and dairy: Skipping one serving of beef each week saves the equivalent emissions to driving 348 miles in a car over the course of a year. Nuts, beans, and eggs are great alternative sources of protein, along with many vegetables!



Eat locally or in-season: Surprisingly, the distance a food has to travel to get to your plate may not have a big impact on its carbon footprint. But when we eat local, we usually eat more whole foods and up to 29% of the energy consumed in food production occurs in the processing steps.



Use products with only sustainable palm oil: Use the Palm Oil Shopping Guide app to help you find brands that have committed to using sustainable palm oil and help protect forests in Southeast Asia.



Make a shopping list: By purchasing only what you know you will use, the less food you will waste. And don't be afraid to buy the "ugly" but safe produce! About 1/3 of all food produced for human consumption is wasted or lost at some point in production, sale, or use.



Use reusable food storage: Glass or silicone food storage will last longer than plastic, won't hold onto odors or stains, and work just as effectively!



Enjoy rainforest and bird friendly treats: Look for the Rainforest Alliance frog logo on packaging for coffee, tea, chocolate, fruits, and more!