

# 51 Ways to Eat Green

1. Eat locally grown food
2. Eat more cooked beans (legumes)
3. Eat less meat
4. Eat a more plant based diet
5. Plant a garden or grow food in pots
6. Join a food co-op or independent buying club
7. Buy fair-trade coffee, chocolate, tea and other goods
8. Use re-usable grocery bags
9. Eat minimally processed foods
10. Drink tap water or filtered water instead of bottled water
11. Make fewer trips to the store
12. Participate in Community Supported Agriculture (CSA)
13. Shop at farmers' markets
14. Use fewer electric labor saving devices when preparing food
15. Cook from scratch
16. Recycle bottles, cans, plastic containers, fiberboard boxes and drink cartons
17. Buy food in larger containers rather than individual servings
18. Buy food with minimal packaging
19. Patronize locally owned restaurants and coffee shops instead of chains
20. Eat foods in season
21. Drink less soda
22. Don't eat or drink more than you're hungry for
23. Use cooking methods that use the least energy, such as a pressure cooker
24. Wash dishes with phosphate free detergent
25. Walk or bike to the grocery store



26. Compost food wastes
27. Buy eggs that come from locally raised, free range chickens
28. If you eat meat, choose grass fed beef or pork raised on small farms
29. Bring your own reusable containers for your doggie bag when you eat out
30. Don't use Styrofoam
31. Minimize your use of plastic wrap and bags
32. Eat fewer convenience foods
33. Limit or avoid fast foods
34. Purchase foods made by local or regional processors
35. Buy organic milk from grass fed cows
36. Bake your own bread, cakes and cookies from scratch
37. Preserve produce yourself by freezing, canning or drying foods in season
38. Avoid foods with partially hydrogenated vegetable oils
39. Harvest fruit at a local 'pick-your-own'
40. Eat more oatmeal or other hot cereals and less processed cold cereals
41. Use a microwave popping bowl to make popcorn instead of microwave bags
42. Eat mostly "real" food—those your great-grandparents would recognize
43. Get informed about agriculture and sustainability issues
44. Eat organically grown food
45. Limit your consumption of imported foods and beverages
46. Don't eat fish that are over harvested
47. Avoid genetically engineered foods
48. Know where your food comes from and what's in it
49. Choose fruit or vegetables instead of processed snack foods
50. Get your morning coffee in a reusable travel mug
51. Use cloth napkins