

Good Food Choices:

FOR YOUR HEALTH, AND THE HEALTH OF OUR PLANET,
COMMUNITIES, AND THE ECONOMY

- Eat plenty of fruits and veggies
- Buy in bulk
- Eat foods that are in season
- Try Meatless Monday (or anyday!)
- Shop at a farmer's market
- Buy organic 
- Grow your own
- Eat your leftovers
- Buy Fair Trade 
- Join a food-focused group
- Donate to the food bank
- Buy Local

FOR MORE
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