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
wp.auburn.edu/sustainability/learn/local-resources/