



SUSTAINABLE NUTRITION

Good for the Economy, Ecology and Your Health

Ed Bauman, M.Ed., PH.D.

SUSTAINABILITY SELF-EVALUATION

DO YOU ?	NEVER	SELDO M	OFTE N	ALWA YS
Shop at Farmer's Markets				
Select organic foods when available				
Choose seasonal, local produce				
Grow fruits, vegetables and herbs				
Eat Pasture Grazed Meats				
Select Free Range chickens and eggs				
Buy local, organic dairy products				
Choose wild fish				
Buy bulk grains, legumes, nuts, seeds				
Avoid processed foods				
Select foods with minimal packaging				
Bring your own bag to the store				
Cook meals at home from scratch				
Invite friends for home cooked meals				
Use Energy Star Appliances				
Store your food in glass containers				
Use a home water filtration system				
Make juice, tea and broth at				
Make your own salad dressings				
Make your own hummus and dips				
Dry, can, freeze seasonal foods				