

FOOD GREEN ACTIONS

FREE & LOW COST

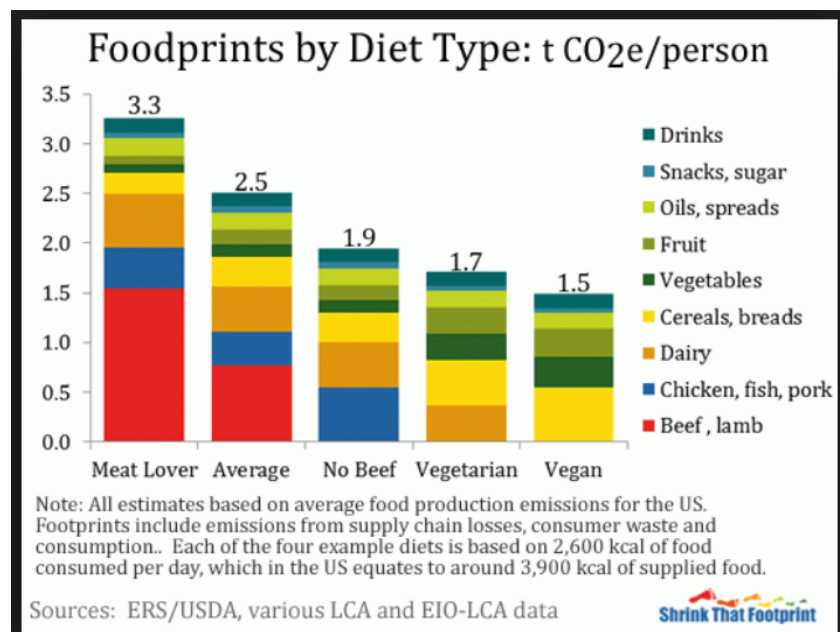
- only buy what you need - create a proper shopping list and buy only what you need
- cook ahead, label and freeze extra meals
- shop local, and if possible, organic
- look for [seasonal produce](#) (resources below)
- choose [sustainably sourced seafood](#)
- avoid extra packaging and BYO bags
- opt for the "ugly" produce or the "orphan" bananas
- if possible, buy in bulk

HOW TO SHOP THE GROCERY STORES

- buy from bulk sections with your containers (resource below)
- avoid small convenience or single serving packaged items
- choose products in cardboard rather than plastic containers
- bring your own bags and containers
- ask manager/employees to offer more bulk or compostable packaged items

DIET

- consider shifting your diet to a diet that has a lower impact on our environment



WHERE TO BUY

Buy local from:

- [farmers' markets \(Beverly\)](#)
- local section in grocery stores
- direct from local farm stands
- local farm [CSAs](#)
- [Walden Meat](#)
- [Farmers To You](#)
- [Family Dinner](#)

Save foods that would otherwise go into the landfill by ordering surplus or 'ugly' food delivery from services such as:

- [Imperfect Foods](#)
- [Misfit Foods](#)

FOOD WASTE

- use what you buy - devise a system to keep oldest food in your fridge from being forgotten
- save food trimmings in the freezer for soup broth
- implement [tips to make food last longer](#) (more below)
- explore recipes that use typically wasted parts of food
- compost your food waste
- if you can't compost, put food scraps through your garbage disposal

DINING OUT

- choose 'Greener' Restaurants
- decline plastic straws

Ask your favorite restaurants to implement sustainable alternatives:

- compostable take-out containers
- compostable drink/soup containers
- buy local ingredients
- have a seasonal menu
- when buying beverages (coffee, tea, water, etc) bring your own reusable mug

Resources:

- Beverly Farmers' Market: <https://www.beverlyfarmersmarket.org>
- Other North Shore Farmers' Markets: <https://thenorthshoremoms.com/2021/06/08/2021-north-shore-farmers-markets/>
- Local Community Supported Agriculture (CSA): <https://nesfp.org/NewEntryCSA>
- Other Local Food Sources: <https://farmerstoyou.com/>, <https://waldenlocalmeat.com/>, <https://sharefamilydinner.com/>
- Ugly or Excess Food Supply Sources: <http://Misfitfoods.com>, Imperfectfoods.com
- Calculating environmental impact on using ugly and excess food supply: <https://blog.imperfectfoods.com/blog-1/how-we-calculate-our-environmental-impact>
- "15 Clever Ways to Make Food Last Longer" <https://www.housebeautiful.com/uk/lifestyle/food-drink/a19417308/how-to-make-food-last-longer/>
- 12 Food Storage Tips to Make Your Groceries Last Longer <https://www.openfit.com/food-storage-tips>
- "Wasted! The Story of Food Waste" documentary <https://youtu.be/kLXgXmnKVzE>
- "Kiss the Ground" documentary <https://youtu.be/K3-V1j-zMZw>
- The benefits of buying in bulk: <https://www.trulygoodfoods.com/blog/sustainability-buying-bulk/>
- Environmental impact of Seafood: <https://www.seafoodwatch.org/>
- Vegetarian centric restaurants: HappyCow.net
- Vegetarian Recipes: <https://minimalistbaker.com/recipe-index/>
<https://cookieandkate.com/29-best-vegetarian-recipes/>
<https://www.thekitchn.com/recipes/vegetarian>
- Seasonal Produce Guides:
USDA <https://snaped.fns.usda.gov/seasonal-produce-guide>
MA GUIDE <https://www.thespruceeats.com/massachusetts-seasonal-fruit-and-vegetable-guide-4165315>

Data/Stats/Emotional Tugs:

Food rotting in a landfill produces methane gas which is 28-36 times more potent than CO₂

33% of all food produced on this planet never reaches the table – of that, 1/3 is waste by the consumer (source:

<https://blogs.nicholas.duke.edu/exploring-green/fight-climate-change-with-compost/>)

90% of our wasted food in the US ends up in landfills (source: “Wasted! The Story of Food Waste” documentary) <https://youtu.be/kLXgXmnKVzE>

Food production is the single biggest cause of de-forestation, the single biggest cause of water extraction, the single biggest cause of habitat loss and biodiversity loss (source: “Wasted! The Story of Food Waste” documentary) <https://youtu.be/kLXgXmnKVzE>

The average American spends \$1500 / year on wasted food (source: “Wasted! The Story of Food Waste” documentary) <https://youtu.be/kLXgXmnKVzE>

A head of lettuce can take up to 25 years to decompose in a landfill (source: “Wasted! The Story of Food Waste” documentary) <https://youtu.be/kLXgXmnKVzE>

Our food waste alone (overall) contributes to roughly 8% of our total GHG emissions (source: “Drawdown” edited by Paul Hawken: page 42)

On average, a meal sourced from conventional stores produces 5-17 times more emissions than a meal sourced ‘locally’ (50 mile radius) (source: Home Grown: The Case for Local Food in a Global Market (Worldwatch Paper #163))

A heavy red meat diet produces more than 2 times the amount of CO₂ as compared to a vegan diet (source: <https://www.greeneatz.com/foods-carbon-footprint.html>)

Of the 100 top solutions to reducing our global emissions, Reduced Food Waste ranks #3 and Plant-rich Diet ranks #4 as having the biggest impacts (source: “Drawdown” edited by Paul Hawken)

Recovering 23 lbs. of food conserves 920 gallons of water and prevents 78 lbs. of CO₂. (source: [Imperfect Foods](#))