Green Minute
October 24, 2018
## Eating Sustainably

### Concepts
- Prioritize Plants
- Minimize Meat
- Select “New” Seafood
- Look Local
- Choose Seasonal
- Eat Mindfully

### Reminders
- Eat what’s in your fridge
- Remember food miles
- No impact packaging

### Try
- Beans
- Lentils
- Figs
- Mussels
- Organic Eggs
- Organic Dairy

### Links for More Info
- Waste Less, Enjoy More: ivaluefood.com
- Food Miles: eatlowcarbon.org
- Find Local Farms: localharvest.org
- Seafood Recommendations: seafoodwatch.org
- Mindfulness: mindful.org