

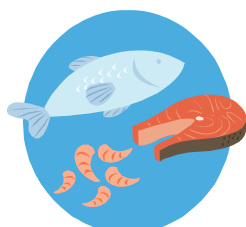


Eating Healthy is Green too!

By eating "local"- or becoming a "localvore," the foods are more likely to have been harvested at the peak of perfection so as to have the maximum possible healthy content.

Promote healthier eating by using as many whole, fresh, unprocessed foods as possible.

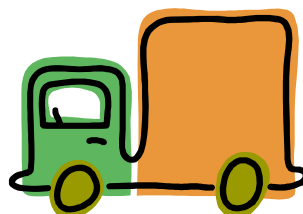
Eating local means choosing foods that are produced within 100 miles of where we live.



Use no trans fats
Choose fish and seafood products from sustainable fisheries and farms.
Prepare a meatless meal a few times a week.
Choose organic foods and beverages.



Avoid heavily fried, less healthy foods.
Use recyclable or reusable plates, cups and cutlery.
Use reusable or recyclable containers and bags for lunches or leftovers.



Choosing locally-produced foods means less energy used for storage, refrigeration, packaging and transportation.

Where we eat together should be clean, non-smelly, and free of chemicals from cleaning products, office machines, and fumes