Sustainable Eating
How we eat affects the world around us!

Eating sustainably means being conscious of how our food choices affect our environmental impact.

Choose plant-based products more often! Plant-based foods are more sustainable to produce than animal products. Enjoy foods like tofu & beans at Nature’s Best & salad bars on campus!

Reduce food waste! Reduce food waste by using reusable containers! Use reusable water bottles & mugs on campus. Join the I Am Reusable program to avoid using disposable cutlery & containers!

Support local farmers! Hospitality Services purchases from 75 local farmers! The 100 Mile Grille in Creelman Hall sources all their food within 100 miles of campus. Enjoy fresh, local food on campus!

The Lowdown on Local Food
Eating sustainably & locally supports farmers & the environment!

- Transporting locally grown food has a smaller environmental impact
- Enjoy fresher products while contributing to the local economy

Visit the on-campus farmers’ market for fruit sourced from local farmers & organic veggies grown right on campus!

What about organic products?
- Organic food is food grown without synthetic pesticide or GMO’s
- Foods like fruits, veggies & whole grains, are nutritious whether they’re grown organically or non-organically

Locally-grown foods are as healthy & delicious as organic foods!

Questions or concerns? Contact SNAP at snap@uoguelph.ca!