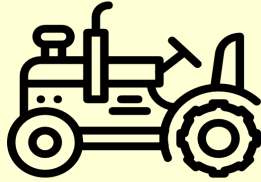


Sustainable Eating

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!](mailto:snap@uoguelph.ca)



@SNAPUofGuelph



Student Nutrition Awareness Program