

# Sustainability Tip: Eat Green for the Environment

Practicing sustainability means we make ethical choices that bring a safe and livable future to everyone. One way we can improve our sustainability efforts is by making changes to our food system.

We can all adjust our diets to help us eat healthily and sustainably, in a way that is good for both us and for the environment. Understanding how our food is grown and harvested is essential to this process. Farming animals for meat and dairy requires space and large amounts of water and feed. Studies show that the livestock industry alone generates 15% of all man-made greenhouse gas emissions. Greenhouse gases are gases in the earth's atmosphere that trap heat and contribute to global warming.



With meat consumption increasing each year, it is a sustainable practice to rebalance our diets by prioritizing plant-based eating and moderating our intake of animal products to reduce greenhouse gases.

Shop your local farmer's market or grocery store for fresh and nutritious seasonal produce!



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