Sustainable Eating Strategies
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Food is one of the most important things in our lives, and one of today’s most hotly debated topics. Keto vs Paleo. Organic vs Conventional. Vegan vs Carnivore. A sustainable plant-based diet can have a positive impact on your health, environment, and community when adopted. Food may seem black and white, but the plans of action towards that goal can sometimes be murky, so here are three strategies to assist on your way to a more sustainable plant-based diet! As always, remember that nobody is perfect, and you have to do what is right for you!

Shop Local!
Eating locally is a decision you could make today to make a positive impact on tomorrow. Locally produced food conserves energy, makes better use of environmental resources, contributes to local economies, and is fresher and tastier while supporting the local community.

Reasons for buying local
1. Food freshness: Buying locally has a higher likelihood of being fresh from the point of origin rather than days old from transportation.
2. Supporting the local economy: Buying locally helps local farmers provide for their families and in turn helps the community through a more efficient flow of resources within the local economy.
3. Sense of community: Having a closer connection to the food that they eat opens the consumer up to having stronger links to the community and an appreciation for the efforts that went into the food production.

Shop local in Phoenix (Map on Pamphlet)
Clark Park Farmer’s Market
Singh Farms
Borderlands Market
The Farm at South Mountain
Phoenix Public Market

Meal Preparation!
Meal prepping is preparing a large amount of food, packing it up, and having it ready for a grab-and-go lunch! Make it simple, and avoid the headache by having scheduled time and a plan.

Meal Prepping can be a solution to:
- Sticking to a Plant-Based Diet
- Portion Control
- Cut Down on Waste
- Keeping Spending Down
- Minimizing Waste
  - Make a list before you go grocery shopping, and do not digress!
Then blast your favorite tunes and cook something filling, easy, and delicious for tomorrow’s lunch.
Even just prepping three extra meals a week can save a tremendous amount of time and energy!

Below are some of our favorite meals to prepare:
- Beans & Rice
- Stir Fry
- Fried Rice (Recipe on Pamphlet)

To Keep in Mind
1. Don’t bite off more than you can chew! It’s easy to get too excited, but if you start small and easy it will be easier to stick to your plan.
2. Feel Free to Get Creative! The above mentioned recipes can be modified in many ways to fit your needs and goals, don’t be afraid to experiment.
3. Meal Prepping doesn’t have to be perfect in order to be beneficial! Some preparations will go swimmingly, some will not. Don’t get discouraged, trying to reduce your carbon footprint is a fantastic thing and cooking takes practice!

Reduce Food Waste!
Food waste is a huge issue in the United States, with about 30-40% of food ending up in the landfill. This waste problem occurs along every step of the food chain, however the consumer can help limit their waste in many different ways:

1. Buy “ugly” food!
   - Blemishes
   - Weirdly shaped
   - Different color shades
   They still have the same great flavor and nutrients as those that seem to be perfect, and you are helping reduce food waste!

2. Buy only what you will use.
   - Plan for how much you will eat in a week or two and buy only that much!
   - Get creative!
     - Once your produce begins to wilt, or not look as fresh, cook it up!
     - EX. Cook down spinach and add it to scrambled eggs, spaghetti sauce, or stir fry.

3. Educate yourself on expiration dates.
   - Use the website www.eatbydate.com
   - It has good references on how long food will last past their printed dates, making it easy to feel confident in the food you purchased, and planning for future grocery trips!
   - If you do have food that will be expiring before you can use it, donate it!