6 Ways to Eat Sustainably

**Local Foods** — Support the local economy and reduce the environmental impact of transportation. The food is fresher and you know where it comes from.

**Eat Seasonally** — Eat what is in season to get fresher, healthier foods. It reduces the need for unsustainable farming practices and international travel.

**Join a Community Supported Agriculture (CSA) Group** — These farm memberships give you regular deliveries of fresh, healthy food. They also help local farms remain financially stable.

**Naturally Raised Meat** — Animals such as cows and chickens that are raised with industrial farming techniques are often fed an unnatural diet. Grass-fed beef and cage free chicken and eggs are usually the best choices.

**Grow a Garden** — Super fresh vegetables and fruits from your own garden are unparalleled in health benefits, taste, and eco-friendliness.

**Use Your Head** — Think for yourself and ask questions about your food. After all, if you are going to eat it, you should know what’s in it.
Sustainable Food 101

Studies show that we throw away 25-50% of all the food we produce. This is wasted energy, resources, time, and money. Ways to reduce this include taking only what you will eat and buying locally. Local food is fresher and has travelled a shorter distance so it is less likely to go bad and less energy is used in its production. At UAlbany, the dining halls throw out about one ton of food a day. Help take steps to reduce this waste.

University at Albany Dining Services offers Nutritional Services! Cheri Domanico and Denise Sombat are resident nutritionists, and Stephanie DiBacco is the resident dietician. They are available for nutritional counseling and presentations. They can also be contacted about dietary needs and concerns. Give them a call at 518-442-5985!

Visit these websites to find out more information about sustainable food choices:

www.usda.gov
www.sustainabletable.org
www.localharvest.org
www.eatwellguide.org
www.montereybayaquarium.org/cr/seafoodwatch.aspx/
www.organicvalley.coop

Local Food on Campus

There are multiple ways to find local food on campus. In the dining halls, local food is marked by signs that tell you what is local and where it’s from.

Farmer’s Market

On Thursdays in the fall semester a farmer’s market stand can be found outside the Campus Center on the Dutch Quad side. The food is fresh from nearby Altamont Orchards, sold to you directly by the farmer himself! Come visit and see what we have to offer, including fresh fruits, vegetables, and baked goods.

Make your choice, be Green.

Sustainable Food Tips

Things to Avoid:

Processed Foods: Limit your use of them and you can reduce the negative impact on the environment and your body.

Industrial Meat Products: These meats come from animals that are often abused and give a regimen of antibiotics and hormones. This is harmful for the animals, you, and the environment.

Things to Consider:

Organic Foods: The label organic can be misleading. It can be better to know where your food came from than to rely on a certification.

If you do buy organic look for this symbol. The USDA has strict guidelines for organic farming and processing.

Seafood: Many seafood products are overfished or unsustainably farmed. To know whether a product is sustainable or safe refer to a seafood guide such as the Monterey Bay Aquarium.