



Sustainable Eating Made Simple

Sustainability is a complex global issue that centers around solving global warming and feeding future population growth. The good news is that there are many things we can do as consumers to make small changes that have a significant impact. Our health will benefit, too. Pick a few items on this list and see what works for you.

Better Food Choices



Overall local produce, locally made food, and more plant-based ingredients have a lower environmental impact. Meat has one of the most significant environmental impacts because of the methane gases produced. Choose grass fed, humanely raised meat and try to cut back on its use. Here are some common foods on the Top 50 Sustainable Foods List.

- Oats and grains
- Beans and lentils
- Local produce and local foods
- Ugly produce
- Upcycled foods
- Seaweed and algae
- Greens
- Mushrooms
- Nuts and seeds
- Potatoes, tubers, roots



Reduce Waste

By wasting less food, you help keep the trash dumps and your local community cleaner. Rotting food adds greenhouse gases to the environment. Food waste all begins with buying too much food, so it is best to plan meals and only buy what you need. That lowers your food cost, too.



Sustainable Partners

Choosing more sustainable-minded companies when it's time to shop is a good idea. This strategy benefits everyone in the long run. We can support those who make better packaging, waste less, and treat their employees, environment, communities, and vendors respectfully—research before you buy.

For more information:

- <https://www.usda.gov/foodlossandwaste>
- <https://www.upcycledfood.org/>
- https://www.knorr.com/content/dam/unilever/knorr_world/global/online_comms/_knorr_future_50_report_online_final_version-1539191.pdf