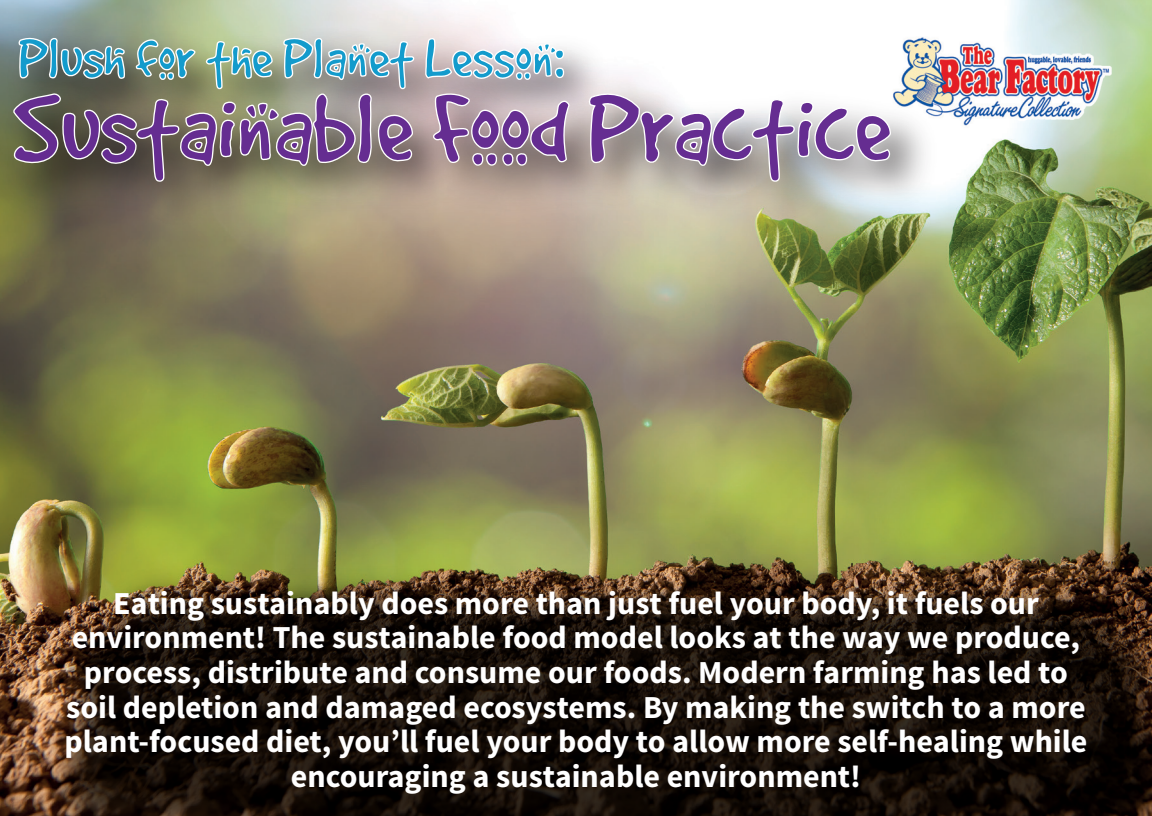


Plus! For the Planet Lesson: Sustainable Food Practice



Eating sustainably does more than just fuel your body, it fuels our environment! The sustainable food model looks at the way we produce, process, distribute and consume our foods. Modern farming has led to soil depletion and damaged ecosystems. By making the switch to a more plant-focused diet, you'll fuel your body to allow more self-healing while encouraging a sustainable environment!

Environmental Impact:

Our food habits effect more than just our bodies. Modern Farming has led to the depletion of our soil and damaged ecosystems. Overusing our natural resources has negatively affected the safety of our food and water.

What You Can Do:

Try to eat in season and locally rich in fruits and vegetables. Locally sourced food doesn't have to travel far, helping to lower your carbon footprint. In-season/locally grown fruits and vegetables are harvested at their prime - they'll taste better and be more nutrient dense.

Grow a garden with your Family. If you are planting your own fruits and veggies, you get to control how they're grown! This will help you to avoid harmful pesticides and chemicals.



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Plants are the most nutrient dense food source we can consume, and they yield 10 times more protein per acre than meat.



The Food Industry is responsible for 30% of global energy consumption and 22% of the gases that cause global warming



Approximately 25 gallons of water are needed to produce 1 pound of wheat, but around 2,500 gallons of water are needed to produce 1 pound of meat.