

Healthy and Environmentally Friendly Food Choices

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Sustainability Series: Healthier People, Healthier Planet

- **March 24** Sustainable Solutions: Building an Environment for Active Living
- **April 1** Sustainability at SAS
- **April 14** Toxic-free Health & Body
- **April 15** Zero Waste
- **April 22** Wrap-up Panel

The impact of our food choices

- Environment
- Economy
- Politics
- Public Health
- Social Justice

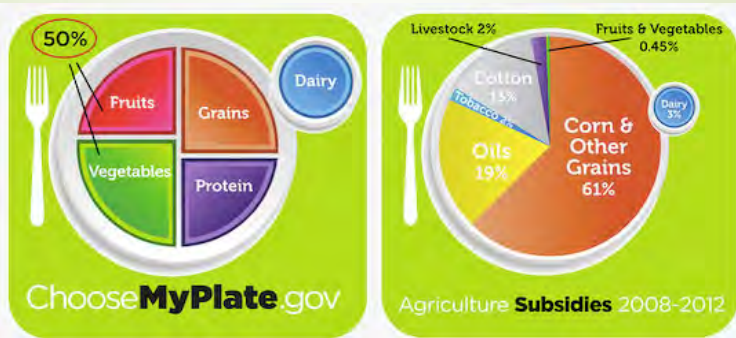
The impact of our food choices



“The way we grow food now is destroying our ability to grow it in the future. And the way we’re growing it now is making us sicker and more broke than ever before.”

Mark Hyman, Food Fix

Is it really your choice?



Credit: Congresswoman Chellie Pingree

Modern Agriculture

- Large scale monoculture
- Heavy use of chemical fertilizers and pesticides
- Soil depletion and erosion
- Water pollution
- Excessive water use
- Lost biodiversity – plant, animal, insect
- Acute poisoning and chronic health issues from pesticides



CAFO's

- Concentrated Animal Feeding Operations**
 - Industrial sized livestock operations
 - Animals are confined
 - Mostly with cows, chickens, pigs
- Highly destructive**
 - Promotes antibiotic resistance
 - Pollutes air
 - Pollutes water ways
 - Promotes deforestation
 - Cause health issues for anyone living near by

Manure management alone accounts for 14% of all agricultural greenhouse gas emissions in the U.S. EPA



Meat is not really the problem

"It's not the cow, it's the how"

Russ Conser -Soil Carbon Cowboy

- Regenerative Agriculture**
 - Enriches soil
 - Increases biodiversity
 - Reduces the need for irrigation
 - Reduce climate change
 - By increasing carbon sequestration



It's all about the soil

"The nation that destroys its soil destroys itself."
Franklin D. Roosevelt

- Soil is alive – Dirt is dead
- Soil is rich with microbes, fungi, nutrients, worms
- Healthy soil is like a sponge
- Healthy soil can sequester carbon
 - Reducing climate change

Labels to look for



Is grass-fed, pasture-raised better for me?

- Grass Fed Beef and dairy
 - Better omega 3 to omega 6 ratio (more omega 3's)
 - Higher levels of CLA
 - Higher nutrients
 - NO antibiotic and pesticide residues
- Pasture raised chickens and eggs
 - Better omega 3 to omega 6 ratio (more omega 3)
 - Higher levels of Vitamins A, E and B12
 - NO antibiotic and pesticide residues



Coffee, Tea and Chocolate

- Social injustice
 - Child labor
 - Poor working conditions
 - Inadequate pay
- Heavy use of pesticides
- Deforestation



Coffee, Tea, and Chocolate Labels to Look For



What about fish?



- Overfishing certain populations
 - 30% of commercial fish stocks are overfished
- Toxins
- Microplastics
- Farmed fish?
 - Fed GMO corn, soy (pesticides)
 - Antibiotics
 - Lower levels of Omega 3, higher levels of omega 6
 - Is there a better farmed fish?

Seafood Certifications

- **Marine Stewardship Council**
 - Sustainability and environmental impact
 - Wild caught
- **Aquaculture Stewardship Council**
 - Farmed seafood and seaweed
 - Environmental impact
 - Social impact
- **Best Aquaculture Practices**
 - Farmed seafood
 - Sustainability and environment
 - Social impact
 - Food safety
 - Animal health and welfare



Seafood Watch Guide

- **Monterey Bay Seafood Watch**
 - Choices based on environmental impact
 - Helpful guides based on location
 - Also have National Guide and Sushi Guide
 - Can look up stores and restaurants that follow their recommendations

Your Choices Matter
Many of the fish we enjoy are in trouble due to destructive fishing and farming practices. You can make a difference for our ocean by making responsible seafood choices. Use these recommendations for popular seafood when grocery list shopping. **See the Full List, visit us at SeafoodWatch.org**

Take Action
ASK "Do you sell sustainable seafood?" Let businesses know it is important to you.
BUY Best Choices first.
CHOOSE Good Alternatives or the even certified options if you can't find a Best Choice.

Seafood Watch
The Monterey Bay Aquarium Seafood Watch program helps consumers and businesses choose seafood that's fished or farmed in ways that support a healthy ocean, now and for future generations.

BEST CHOICES
Barramundi (US & Vietnam farmed), Blue Gill (wild and farm, farmed), Calitan (US), Clam (Canada, Mexico), Coif Pacific (AK), Coif Blue (AK, farmed), Coif King, Snow & Taper (AK), Crayfish (US), Coif (US), Coif (US), Farmed Atlantic Salmon (US), Farmed Coho (US), Farmed Rainbow Trout (US), Farmed Arctic Char (US), Farmed Steelhead (US), Farmed Atlantic Salmon (US), Farmed Coho (US), Farmed Rainbow Trout (US), Farmed Arctic Char (US), Farmed Steelhead (US)

GOOD ALTERNATIVES
Brook Trout (New Zealand farmed), Cod (Atlantic, UK, farmed), Crayfish (US), Crab (Alaska, Mexico & US), Crawfish (US), Coif Pacific (AK), Coif Blue (AK, farmed), Coif King, Snow & Taper (AK), Crayfish (US), Farmed Atlantic Salmon (US), Farmed Coho (US), Farmed Rainbow Trout (US), Farmed Arctic Char (US), Farmed Steelhead (US), Squid (China, Mexico & Peru), Farmed Atlantic Salmon (US), Farmed Coho (US), Farmed Rainbow Trout (US), Farmed Arctic Char (US), Farmed Steelhead (US), Trout (Canada & Chile farmed), Tuna (Alaska, US, wild and farmed), Tuna (Japan, US, wild and farmed), Tuna (Taiwan, US, wild and farmed), Tuna (US, wild and farmed), Tuna (US, wild and farmed), Tuna (US, wild and farmed)

AVOID
Cod (Atlantic, UK, farmed), Farmed Atlantic Salmon (US), Farmed Coho (US), Farmed Rainbow Trout (US), Farmed Arctic Char (US), Farmed Steelhead (US), Squid (China, Mexico & Peru), Farmed Atlantic Salmon (US), Farmed Coho (US), Farmed Rainbow Trout (US), Farmed Arctic Char (US), Farmed Steelhead (US), Tuna (Japan, US, wild and farmed), Tuna (Taiwan, US, wild and farmed), Tuna (US, wild and farmed)

How to Use This Guide
Most of our recommendations, including all eco-certifications, are on this guide. Be sure to check out SeafoodWatch.org for the full list.
Best Choices
Buy first, they're well managed and caught or farmed responsibly.
Good Alternatives
Buy, but be aware there are concerns with how they're caught, farmed or managed.
Avoid
Take a pass on these for now, they're overfished, lack strong management or are caught or farmed in ways that harm or harm the environment.

More seafood guides and resources

- EWG.org
 - Guide to Seafood
- Seafood.edf.org
 - Seafood Selector



Other seafood tips

- Switch your canned tuna for canned wild sockeye or pink salmon
- Eat more sardines and anchovies
 - Very high in omega-3, low in mercury
- Choose mussels and clams more often
- Choose American seafood (if no certifications)
- Better brands:
 - Wild Planet (in stores)
 - Vital Choice (online)



Food Waste

- 30-40% of the food in the U.S. is wasted!
 - Americans waste an estimated \$162 Billion in food each year
- Not just wasted money
 - Wasted resources
 - Wasted food in landfills creates methane gas
 - A LOT of methane gas (a green house gas)
 - Food waste is the 3rd biggest emitter of green house gases on the planet, after the U.S. and China



How to reduce food waste



- Plan your meals
- Plan in your leftovers
- Shop your fridge and pantry first!
- Is your fridge working properly?
 - Should be between 35° F and 38° F and your freezer at 0° F
 - Don't assume – get a thermometer
- Prep veggies when you get home
- Use everything
 - Too ripe fruit? Freeze it
 - Veggies looking old? Make a soup

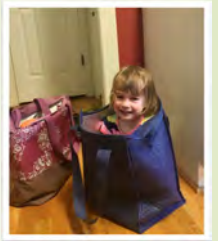
Compost



- Easy to do, big or small
- Check out our seminar archives!
- Compost Now : compostnow.org/

Other easy changes

- Reusable water bottles
- Reusable coffee/tea cups
 - Stop using K-cups
- Reusable utensils
- Reusable grocery bags



Overview of what to do now

- Start making small changes
- Reduce food waste (and overall waste – single use items)
- Choose locally grown produce and animal products as much as possible
 - Shop at your local farmers markets, CSA's
 - Grow your own food/community garden
 - Reduce highly processed foods
- Use EWG Dirty Dozen and Clean Fifteen lists
- Reduce CAFO raised animal products
 - Look for grass-fed, pasture raised and wild caught
- Look for Fair Trade, Rainforest Alliance and Organic labels (and others) on coffee, tea and chocolate

Help! I'm on a budget!



- Eat at home more often
- Eat less processed foods
- Eat less meat
- Eat more beans/lentils
- Buy in bulk - dry goods like whole grains, beans, nuts, etc. (bulk bins)



Help! I'm on a budget!

- Follow EWG.org Dirty Dozen list
- Reduce waste – meal plan, shop your pantry, etc.
- Reduce bottled water, Starbucks, etc.
- Eat local (in season)
 - Consider a CSA
 - Share a cow/pig
- Grown your own (or make friends with someone who does)

Resources for more information

-  Environmental Working Group: EWG.org
-  Civil Eats: CivilEats.com A non-profit news organization focused on the American Food System
-  Savory Institute: Savory.global Regenerative Agriculture/Holistic Management of farmlands
-  Diana Rogers, RD – SustainableDish.com
-  Marion Nestle – FoodPolitics.com
-  Mark Hyman – [Food Fix book \(2020\)](#)
-  Michal Pollan- [Omnivores Dilemma book \(2007\)](#)
-  Carolina Farm Stewardship Association (local) Annual farm tour
Education and financial help for farmers

Food Resources


- LocalHarvest.org
 - Find your local farmers market or CSA
- Produce Box
- BellaBeanOrganics.com
- Butcher Box
- Hickory Nut Gap
- Joyce-Farms.com
- The Honest Bison
- Farm Foods Market



Thank you!

Questions?





Need more info? Call us!

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- ▶ Ashley Bailey, MS, RDN, LDN – x13050
- ▶ Kelly LeSage, MS, RDN, LDN - x16432

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EWG'S 2020 **SHOPPER'S GUIDE** **TO PESTICIDES IN PRODUCE**



**EWG'S 2020
DIRTY 12™** 

1. Strawberries	5. Apples	9. Pears
2. Spinach	6. Grapes	10. Tomatoes
3. Kale	7. Peaches	11. Celery
4. Nectarines	8. Cherries	12. Potatoes

**EWG'S 2020
CLEAN 15™** 

1. Avocados	6. Sweet Peas (Frozen)	11. Broccoli
2. Sweet Corn	7. Eggplant	12. Mushrooms
3. Pineapple	8. Asparagus	13. Cabbage
4. Onions	9. Cauliflower	14. Honeydew Melon
5. Papaya	10. Cantaloupe	15. Kiwi

INSTRUCTIONS:

1. Cut along outside line.
2. Fold along middle line.

FOR MORE INFORMATION VISIT EWG.ORG/FOODNEWS

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Monterey Bay Aquarium® Seafood Watch®

The Monterey Bay Aquarium Seafood Watch program creates science-based recommendations that help consumers and businesses make ocean-friendly seafood choices. Carry this guide with you and share it with others to help spread the word.

BEST CHOICES

Barramundi (US & Vietnam farmed)
 Bass (US hooks and lines, farmed)
 Catfish (US)
 Clams, Cockles, Mussels
 Cod: Pacific (AK)
 Crab: Blue (MD trotline)
 Crab: King, Snow & Tanner (AK)
 Crawfish (US farmed)
 Lionfish (US)
 Mahi Mahi (US handlines)
 Mullet: Striped (US)
 Oysters (farmed & Canada)
 Pompano (US)
 Salmon (New Zealand)
 Shrimp (US farmed)
 Snapper: Mutton (US diving, handlines)
 Squid (US)
 Sturgeon (US farmed)
 Tilapia (Canada, Ecuador, Peru & US)
 Tuna: Albacore (trolls, pole and lines)
 Tuna: Skipjack (Pacific trolls, pole and lines)
 Wahoo (US Atlantic)
 Wreckfish

GOOD ALTERNATIVES

Branzino (Mediterranean farmed) Cod:
 Atlantic (handlines, pole and lines)
 Conch (Belize, Nicaragua & US)
 Crawfish (LA wild)
 Crab: Blue (AL, DE, MD & NJ pots)
 Grouper: Red (US)
 Lobster: Spiny (Bahamas & US)
 Mahi Mahi (Ecuador & US longlines)
 Oysters (US wild)
 Salmon: Atlantic (BC & ME farmed)
 Salmon (CA, OR & WA)
 Shrimp (Canada & US wild, Ecuador & Honduras farmed)
 Snapper (US)
 Squid (Chile, Mexico & Peru)
 Swordfish (US)
 Tilapia (Colombia, Honduras, Indonesia, Mexico & Taiwan)
 Trout (Canada & Chile farmed)
 Tuna: Albacore (US longlines)
 Tuna: Skipjack (free school, imported trolls, pole and lines, US longlines)
 Tuna: Yellowfin (free school, trolls, pole and lines, US longlines)

AVOID

Cod: Atlantic (gillnet, longline, trawl)
 Conch (imported)
 Crab (Argentina, Asia & Russia)
 Crab: Blue (FL, GA, LA, MS, NC, SC, TX & VA)
 Crab: Stone (FL)
 Crawfish (China)
 Lobster: Spiny (Belize, Brazil, Honduras & Nicaragua)
 Mahi Mahi (imported)
 Orange Roughy
 Salmon (Canada Atlantic, Chile, Norway & Scotland)
 Sardines: Atlantic (Mediterranean)
 Sharks
 Shrimp (other imported sources)
 Squid (Argentina, China, India & Thailand)
 Swordfish (imported longlines)
 Tilapia (China)
 Tuna: Albacore (imported except trolls, pole and lines)
 Tuna: Bluefin
 Tuna: Skipjack (imported purse seines)
 Tuna: Yellowfin (longlines except US)

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January - June 2020
 Southeast
 Consumer Guide

LIONFISH

Seafood Watch

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Monterey Bay Aquarium

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CHOOSE Good Alternatives or the **eco-certified options** if you can't find a Best Choice.



SeafoodWatch.org

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