

# Sustainable Eating



Defining a sustainable diet can be hard, but, generally, sustainable diets are healthy, good for the environment, effective at reducing food waste and meet basic nutrition needs. They are protective of biodiversity and ecosystems, and are produced in a way that is fair and equitable to workers.

All these factors can be difficult to translate into what foods to buy at the grocery store and what to actually eat, but here are 5 tips to get you started on eating more sustainably:

- **Choose plant-based proteins more often** as they require less land, energy and water to produce when compared to animal proteins. This can also provide health benefits, as these foods are often a good source of fiber, vitamins and antioxidants, and are typically lower in saturated fat.
- **Reduce food waste.** Roughly 60% of food produced in Canada is lost or wasted. Some ways to reduce food waste are planning your meals before grocery shopping, planning meals that include some of the same foods, using frozen foods more often and using leftovers to create new meals.
- **Drink tap water** instead of bottled water to cut back on plastic waste and reduce emissions from transporting heavy bottled liquids. Note: Some communities may have drinking water advisories for tap water (e.g., boil water advisory), so follow local public health recommendations.
- **Buy local, field grown produce.** Not only does buying local support farmers and help the local economy, it cuts down on the transportation needed for the food to get onto your plate.
- **Try growing your own food.** Growing your own food is a great way to learn about food. Home gardens also help reduce emissions from transportation. Even if you don't have a big space, you can still grow some of your own food – try an indoor herb garden to start.