

## Food that's Best for Your Body and for the Earth

Earth Day is April 22nd



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**Isn't it interesting that many of the food choices that are good for our environment are also good for our bodies?** In recognition of Earth Day, Eat Smart has compiled tips on how to buy food that's best for your body and the earth.

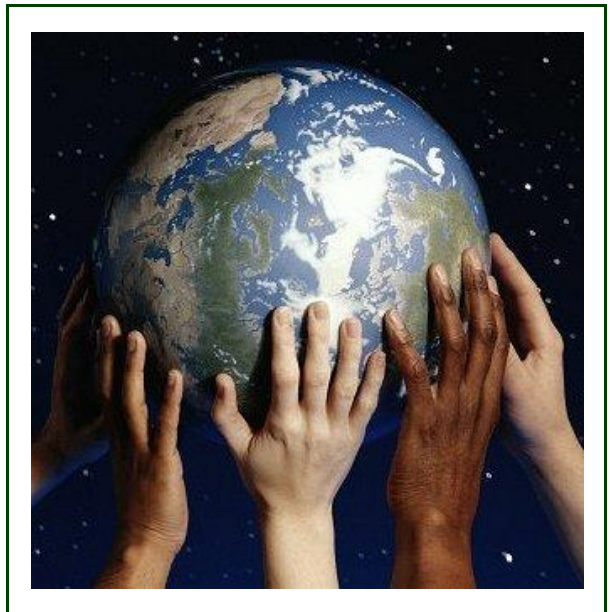
- **Hug the perimeter.** Whole foods including meat, dairy and produce are less processed than many of the snack foods found in the center aisles of the store. Less manufacturing = less chemicals & less packaging!
- **Buy organic.** Organic foods are grown without toxic chemicals – which enter not only our bodies – but also the air, soil and water! For more on organic regulations go to [www.usda.org](http://www.usda.org).
- **Eat seasonally and locally when possible.** If every American ate just one meal a week of locally and/or organically raised ingredients, oil consumption would be reduced an estimated 1.1 million barrels. Go to [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org) for a list of produce in season.
- **Bring your own bag.** Help stem the flood of 100 billion plastic shopping bags Americans toss out every year.

**Get Involved!** For a listing of Earth Week celebrations planned for the Missoula area, visit these websites:

- [http://www.umt.edu/greeningUM/earth\\_week.htm](http://www.umt.edu/greeningUM/earth_week.htm)
- <http://www.mudproject.org/earthday2008.htm>
- *Not in Missoula?* Check with local agencies for events in your area.

**Information for this e-newsletter adapted from the following sources.** Visit these websites for even more Earth Day tips:

- *Eating Green Calculator – find out how small changes can make a big difference* <http://www.cspinet.org/EatingGreen>
- *8 Green Tips for Shopping Smarter* [http://www.self.com/livingwell/articles/2008/03/0324green\\_special3](http://www.self.com/livingwell/articles/2008/03/0324green_special3)
- *Tips for Green Shopping* [http://www.wholefoodsmarket.com/pressroom/pr\\_04-03-02.html](http://www.wholefoodsmarket.com/pressroom/pr_04-03-02.html)



*Buying organically grown foods protects all of earth's inhabitants by limiting the input of toxic chemicals into the air, soil and water. If cost is an issue when considering organic produce, allocate your organic dollars toward thin-skinned varieties like peppers and apples, which are likelier to be higher in chemicals.*