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THE PLANETEERS

# Day 8 Greener

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Next page (Pg. 2) is a synthesis of what I learned from all resources.

The following pages (Pgs. 3-6) are more in-depth takeaways from the resources given.

## 5 SIMPLE WAYS TO BECOME ECO-FRIENDLY WITH

# FOOD

“Organic farming is a 100% solution to the health problem, the unemployment problem, the poverty problem, the biodiversity problem and the water problem.” ~ Dr. Vandana Shiva

### 1 AVOID CERTAIN ANIMAL PRODUCTS

Lamb, beef, cheese, pork and farmed salmon are the biggest producers of greenhouse gases. Avoid them!



### 2 GO ORGANIC

Meats that are organic, pasture-raised or grass finished or seafood that is sustainable and wild-caught are generally the least environmentally damaging.

### 3 SUPPORT LOCAL FARMERS

By supporting local farmers, you can steer away from large corporations that use chemicals on their produce.



### 4 REDUCE FOOD WASTE

Reducing food waste is actually good for both saving money and saving the earth. By using up all the scraps of food you bought, you can make sure you maximized every cent and you can also lower your carbon footprint!



### 5 SUPPORT PESTICIDE BANS

In the US, many of the fruits and vegetables that were tested were found to contain pesticides that were banned or restricted in the EU. These pesticides can cause various illnesses including cancer! Support legislators that want to ban these pesticides.

Information from:

EWG Shopper's Guide to Pesticides in Produce,  
EWG's Meateaters Guide to Climate Change & Health,  
Friends of the Earth Guide to Animal Agriculture, &  
Center for Food Safety's Seven Food Resolutions

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# EWG Shopper's Guide to Pesticides in Produce

One takeaway from this guide was that even the fruits and vegetables that you might have thought was fresh and free of pesticides actually contained tons of chemicals. Especially in the US, many of the fruits and vegetables that were tested were found to contain pesticides that were banned or restricted in the EU. One group of pesticides I was shocked to see the US has not banned yet was the neonicotinoid pesticides, which are harmful to bees necessary for pollinating plants, and even children and fetuses.

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# EWG's Meateaters Guide to Climate Change & Health

One takeaway from this guide was that different meats have different environmental impacts. While it is better to avoid meat and animal products overall, there are some meats that have lower impacts on your health and the environment. Certified organic, human, and/or grass-fed meat, eggs and dairy products are generally the least environmentally damaging. On the other hand, meats that create the most greenhouse gases are Lamb, beef, cheese, pork and farmed salmon. These greenhouse gas heavy meats also have tons of health impacts, from high exposure to toxins to cancers and diabetes.

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# Friends of the Earth Guide to Animal Agriculture

I can be the change in creating a sustainable life. I am the one that can change my own diet so by eating more plants and better meats, I can create a better food system. Unless I become totally vegetarian, I can choose meats that are organic, pasture-raised or grass finished or seafood that is sustainable and wild-caught. They should also be from local farmers, then I can support small businesses too!

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# Center for Food Safety's Seven Food Resolutions

Reducing food waste is actually good for both saving money and saving the earth. By using up all the scraps of food you bought, you can make sure you maximized every cent and you can also lower your carbon footprint! To do this, I can plan ahead, rotate my produce so that the older foods are at the front and get used, making smaller portions, using my freezer, and preserving my produce. These methods would allow me to be within my budget and be eco-friendly!

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