

CREATION TIPS: FOOD

Food is essential to the human experience. That being said, it is important for us to be mindful of our eating habits. Use these tips to help guide your habits surrounding food.



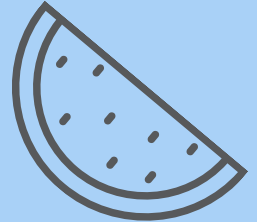
1 TRY COOKING ONE-POT MEALS

By using one pot to cook your meal, you save on electricity, gas, and water, which reduces your footprint and may even give you leftovers for the week! Challenge yourself to cook a one-pot meal and buy from local farmers. Get creative and try something new-- who knows, it could be a new favorite recipe!



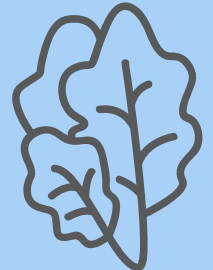
2 START A GARDEN, INDOORS AND OUT!

Start a garden in your own backyard or share the work with your community by creating a neighborhood garden. Do you have space in your church's yard, at a vacant lot, or in a nearby park? Do you have a parishioner close that is willing to loan you their yard? Gardening is good for creation and saves you money. If you do not have space outdoors, you can grow veggies or herbs in pots in your place of residence. Indoor plants will produce oxygen to improve indoor air quality.



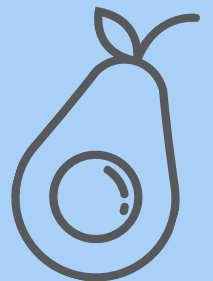
3 EVALUATE COFFEE AND/OR TEA HABITS

Do you use a reusable or disposable cup and filter? Do you use loose leaf tea or tea bags? Where does your beverage come from? Is there a way you can compost or recycle your beverage items? Is it ethically sourced? If not, find out how you can make the sustainable switch.



4 MAKE A LOW WASTE KIT AND BRING IT EVERYWHERE!

Put together a kit including to-go cups and plates, silverware, napkins, bamboo or metal straw, a water bottle, and anything else you think you might need. This will help you be prepared to take leftovers home from a restaurant or politely refuse that coffee cup or disposable straw. Leave one in your car, purse, or backpack so you always have it with you.



5 HAVE AN ECO-FRIENDLY THANKSGIVING

Make environmentally sustainable choices this Thanksgiving. Cook your food in reusable cookware instead of disposable aluminum foil cookware. Also, replace paper napkins with a cloth during your meal. Reduce your leftover waste by replacing plastic wrap with beeswax wrap or stretchable rubber lids. Even think about reducing the amount you cook so that less food goes to waste the next week.



EAT THOSE LEFTOVERS!

After the holiday season, you will likely have leftovers from Christmas & New Year. A great way to be a steward to the Earth is to consume your food. Did you know that Americans throw away 25% of the food they buy? Not only is this a waste of money but it is also harmful to the environment. Producing food takes land, water, and heavy machinery. By eating your leftovers you are not only saving money but also preventing energy waste from food production. Food that is thrown in the landfill often does not decompose as we think. If you do have to throw out food, put it in the compost instead!