

Ethical Food Choices

Big Three: LOCAL, REAL, SUSTAINABLE

Eating Ethically

Fruits and Vegetables

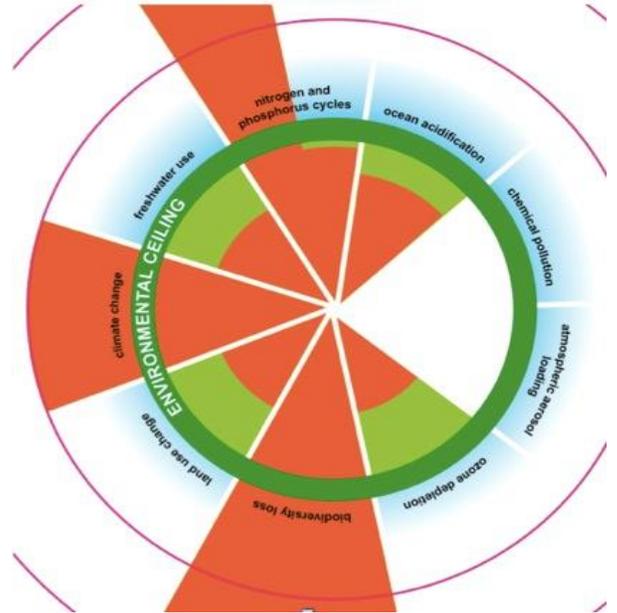
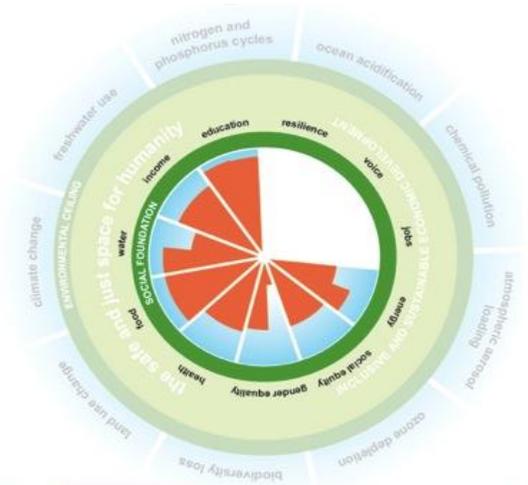
1. How far did it travel? / Is it in season?
2. Do I know how it was produced?
3. Does it provide the nutrients you need to be healthy?
 - a. How long stored in back room?
 - b. What pesticides, fertilizers and preservative residues are included or excluded?
 - c. How harmful is it to the soil to produce it?
4. How processed is it? Can I grow some of my own?
5. Can it be used “meatless”? or with meat to augment the meal instead of being the main course attraction?

Meat, Seafood & other Protein Sources

1. How humanely was it raised? – grass-fed/ free range vs. CAFO or caged factory farm
2. Seafood or Fish – is it jeopardizing a species? E.g. whales, Tuna impact on Dolphins and other sea creatures. Farmed, Open Caught, Sustainable?
3. Were unnatural food sources, antibiotics and or growth hormones used to enhance production or weight gain?

Other Considerations

- When should I spend the extra money for certified organic?
- Does it require lots of preparation time? Waste?
- What can I do to promote fairer farming practices e.g. eliminate conventional farming government subsidies, pay attention to annual “farm bill” that provides food supplements for those in need, etc.
- Procott and boycott of conglomerates that monopolize food systems and dictate how products will be raised e.g. GMO crops and factory farm production.
- Work to eliminate food deserts in cities and rural areas by supporting local food systems & economies.
- Work to ensure “food security” as well as “food safety” e.g. support heirloom seeds, and plant biodiversity – by being willing to try new vegetables, fruits and grain varieties and products.



Source: Oxfam

For more information on Gardening and PowerPoint of “What on Earth is Ethical Eating” go to: fspa.org/ecologicaladvocae

Ecological Advocate resources by S. Lucy Slinger, FSPA, Ph.D.

Remember you are what you eat!!!

Make Every Bite Count for Good!

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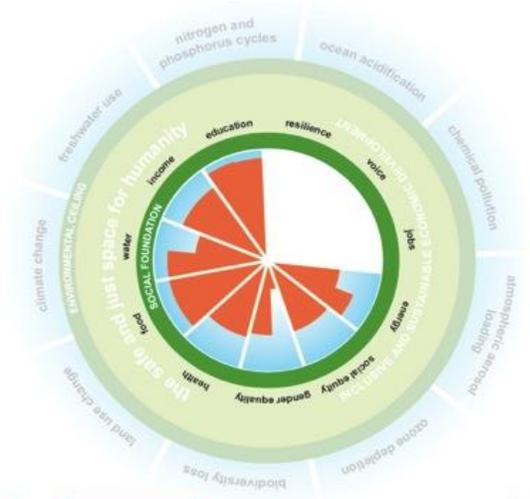
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