

WELLNESS FROM THE GROUND UP

EAT WELL, LIVE SUSTAINABLY

Human health and the planet's health are closely linked. The foods we choose affect the environment that grows and supplies them. When we understand this connection and make small, realistic shifts, we can improve our own well-being while also supporting a healthier world.

Actions You Can Take to Make a Positive Difference

- **Choose local and seasonal foods.**
Fresher, more nutritious, and supports nearby farms.
- **Eat more plant-forward meals.**
Beans, lentils, vegetables, and grains often require fewer resources to produce.
- **Minimize food waste.**
Plan ahead, store food properly, and use leftovers creatively. Compost or donate food you cannot use.
- **Reduce packaging.** Buy in bulk, use reusable bags when shopping to reduce plastic usage, package food in reusable containers, or choose sustainable packaging.
- **Support sustainable foods and brands.**
Make mindful choices within your budget.
- **Grow something.** Start with herbs, a small garden, or community garden involvement.

Creating Well-Being Through Sustainable Choices

Better nutrition means stronger immune systems, more energy, improved brain function, and reduced risk of chronic diseases. A healthy environment ensures clean air, clean water, and resilient ecosystems. Both are essential for sustainable wellness—feeling good today while creating a livable world for tomorrow.

Food Choices & Their Benefits

Food Choices	Benefit For You	Benefit For Planet
Beans, Lentils, Chickpeas	High in plant protein and fiber	Lower land & water use; smaller carbon footprint
Seasonal Fruits & Vegetables	Nutrient-dense, fresher flavor	Supports local farms; fewer transportation emissions
"Ugly" Produce	May come off as imperfect, but same nutrients, often lower cost	Reduces food waste
Farmers Markets	Fresher food; supports local economy	Less packaging; shorter supply chain

Sources: Academy of Nutrition & Dietetics

