

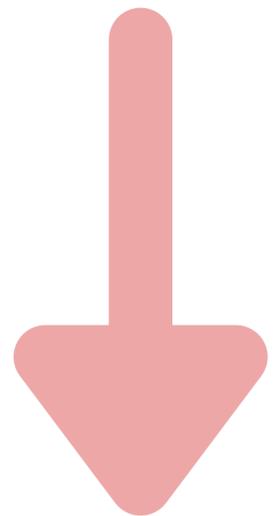
# sustainable eating



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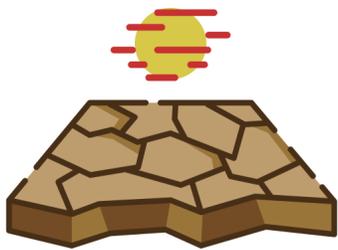


Did you know that in **2050** to feed a global population of 9.3 billion, we will need to produce **60%** more food?



but with

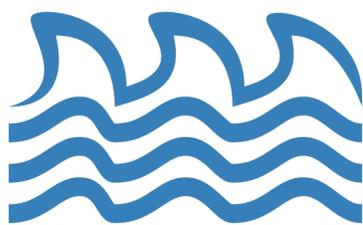
**CLIMATE CHANGE** occurring



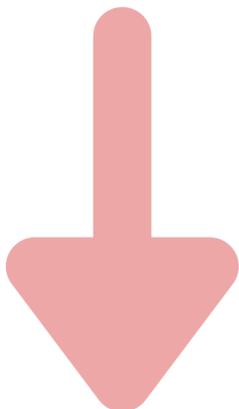
**DROUGHTS**

**&**

**FLOODS**



causing



supplying that much food could be more **challenging** for agriculture

how can we help



*eating sustainably!*

# WHAT IS SUSTAINABLE EATING?

## According to the Academy of Nutrition and Dietetics

Sustainable eating is about choosing foods that are healthy for our environment and our bodies. By eating sustainably, we are also considering the resources that future generations will have available.

Research shows that the food system is having a massive effect on our planet, disrupting the climate and causing extinction of species. Still, many of the solutions to these issues also lie in the way we produce food and what we put on our plates.

### 5 tips for sustainable eating



#### CHOOSING PLANT-BASED FOODS

Slaughterhouses are responsible for large outputs of greenhouse gases such as methane and carbon dioxide, both major contributors to climate change.



#### EATING SEASONALLY

Food that has traveled across the world to get to your plate has a much higher impact on our environment. More energy is needed to transport, refrigerate and store the food. In addition, plastic packaging is needed to keep it fresh.



#### GROW YOUR OWN FOOD

By growing your own food you have control over the pesticides and avoid plastic waste, thus reducing food waste and your carbon footprint by not having to drive to the grocery store.



#### RETHINK HOW YOU DRINK

Liquids can be heavy items to ship around the country and lots of fuel is needed to transport them. Instead of purchasing bottled beverages, use a refillable bottle and fill it with water from the tap or filter. You will be reducing plastic waste as well.



#### PASS ON PLASTIC

Plastic has infiltrated our natural world and even our diets. Bring a reusable-bag when you shop, opt for packaging-free fruit and vegetables when possible. Choose foods packed in glass containers that you can reuse, instead of plastic ones.

# how can I eat seasonally in California?

## spring season

### breakfast



#### BLUEBERRY OVERNIGHT OATS

In a mason jar mix in 1/2 cup of rolled oats, 1/4 cup plain yogurt, 3/4 cup unsweetened soy milk, 1/2 cup blueberries, 1 tbsp chia seeds, 1 tbsp maple syrup, 1/2 tsp lemon zest and 1/2 tsp vanilla extract. Let it sit in the fridge overnight.

Enjoy the next morning!

FOODS IN  
SEASON:

berries & lemon

### snack

#### ORANGE CRANBERRY ENERGY BALLS

In a food processor pulse 1 cup oats, 2 tbsp chia seeds, 6 Medjool dates, 1/2 cup shredded coconut, 1/2 cup dried cranberries, 1/2 cup nut butter, and the zest and juice of 1 orange. Once you obtain a dough consistency roll into bite-sized balls with your hands and enjoy.



FOODS IN  
SEASON:

oranges/citrus

# how can I eat seasonally in California?

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### lunch



#### ROASTED BEET, CARROT & KALE SALAD

Dice 1 carrot and 1 beet with olive oil, salt and pepper and roast at 400 °F for about 35 minutes. In a large bowl add 2 cups of shredded kale, your roasted veggies, 1/2 cup cooked quinoa and 1/2 cup steamed lentils. Drizzle with your favorite dressing, nuts/seeds and enjoy.

#### FOODS IN SEASON:

beets, carrots & kale

### dinner

#### FAVA BEAN MEXICAN SOUP

Soak 1/2 lb of fava beans overnight. Boil the soaked fava beans along with a couple of cilantro sprigs and 1/2 an onion for about 50 minutes or until tender. While the fava beans cook, set a pan to medium heat and saute 1 cup of diced onion until translucent.

Then add 2 minced garlic cloves and 1/2 a chopped jalapeño. After 2 minutes add 3 diced tomatoes. Cook for 6 minutes. Once the fava beans are cooked, blend them in a blender until creamy.

Add sauteed veggies into fava bean cream. Garnish with chopped cilantro, avocado and cheese.



#### FOODS IN SEASON:

fava beans & avocado

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