

## Nourishing The Planet - How Mindful Eating Can Help

Megrette Fletcher, M.Ed, RD, CDE

Benefits of Sustainability - what grows (what you can see) (I have added some common language because people get confused by what sustainable means)

This is the 'Beauty'

- Less costs or saves money
- Open space - you can see and enjoy the farms where your food is raised.
- Sustainable non-earth damaging agriculture means that the land is in equal or better shape after farming than before farming it.
- Sustainability non-animal damaging agriculture means that an animal that is used for food is in equal or better health than an animal that isn't used for food.
- Healthier ecosystems (meaning that the trees and the bees are healthy. The water and the air are clean. Eco-systems mean that **all** systems benefits, not just **one** system.
- Cleaner air (this is why we love plants!)
- Sustainable resources (things don't run out or become extinct.)

Roots - what nourishes the tree

The ACTION is our steps to promote sustainability and listed separately as 18 steps.

6 roots:

1. pollution control
  - Animal
    - Action: local or know farmer
  - Nutrient
    - Action: local or know farmer
2. Food Production
  - Decrease energy and transportation cost to make food because less processed food requires less energy, less additives and less preservatives.
    - Action: less processed food
    - Action: less intensive processing
    - Action: less additive
    - Action:less preservatives.
3. Farming practices
  - impacting animals
    - Action:Know your farmer
    - Action:Local
    - Action:Home grown
    - Action:organic
  - Impact existing ecosystems [How some farming practices impact soil/water conservations and native animal populations]
    - Action:Know your farmer -
      - Farmer's markets
      - CSA (Community Support Agriculture) or Farm Shares
      - Markets that choose to carry locally produced products
      - Grown some of your own food

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- Action: Does my markets that evaluate this step?
- Depleting existing ecosystems [How some farming practices remove existing nutrients from the soil, deplete/divert water sources downstream, harm native animal populations (pesticides and clear cutting practices.)]
  - Action: Know your farmer
  - Action: Shop at markets that evaluate this step.
- 4. Biodiversity [Preserving ecosystems by encouraging biodiversity of plants and animals.]
  - Action: Purchase if possible Fair trade and other economic plans to support sustainable farming.
  - Preserving the diversity of plants
    - Action: Businesses purchasing local sourced food
    - Action: Farmers markets/CSA
  - Preserving the diversity of animals
    - Action: Businesses purchasing local sourced food
    - Action: Farmers markets/CSA
- 5. Energy/Resources used
  - Energy to grow food
    - Action: Local
    - Action: In season
  - Transportation of food
    - Action: Local
  - Water use to grow food
    - Action: Local varieties that support available resources.
- 6. Waste [steps to reduce solid waste]
  - Food
    - Action: Composting
    - Action: Resource recovery:
      - Soup kitchens
      - Repurposing food (making it into juice, frozen meals, or other foods that can be consumed vs going into a landfill)
    - Supporting business that have food waste recovery plans
  - Packaging
    - Action: co-ops
    - Action: Bulk
    - Action: CSA/Community Supported Agriculture
    - Action: Farmer's Markets
    - Action: Recycle packaged material
    - Action: Purchase items with less packaging
- 7. Including Plant Based Protein Sources
  - Food
    - Including Plant Based Proteins in diet
    - Action: Beans, Tofu, Nuts, High protein grains and seeds

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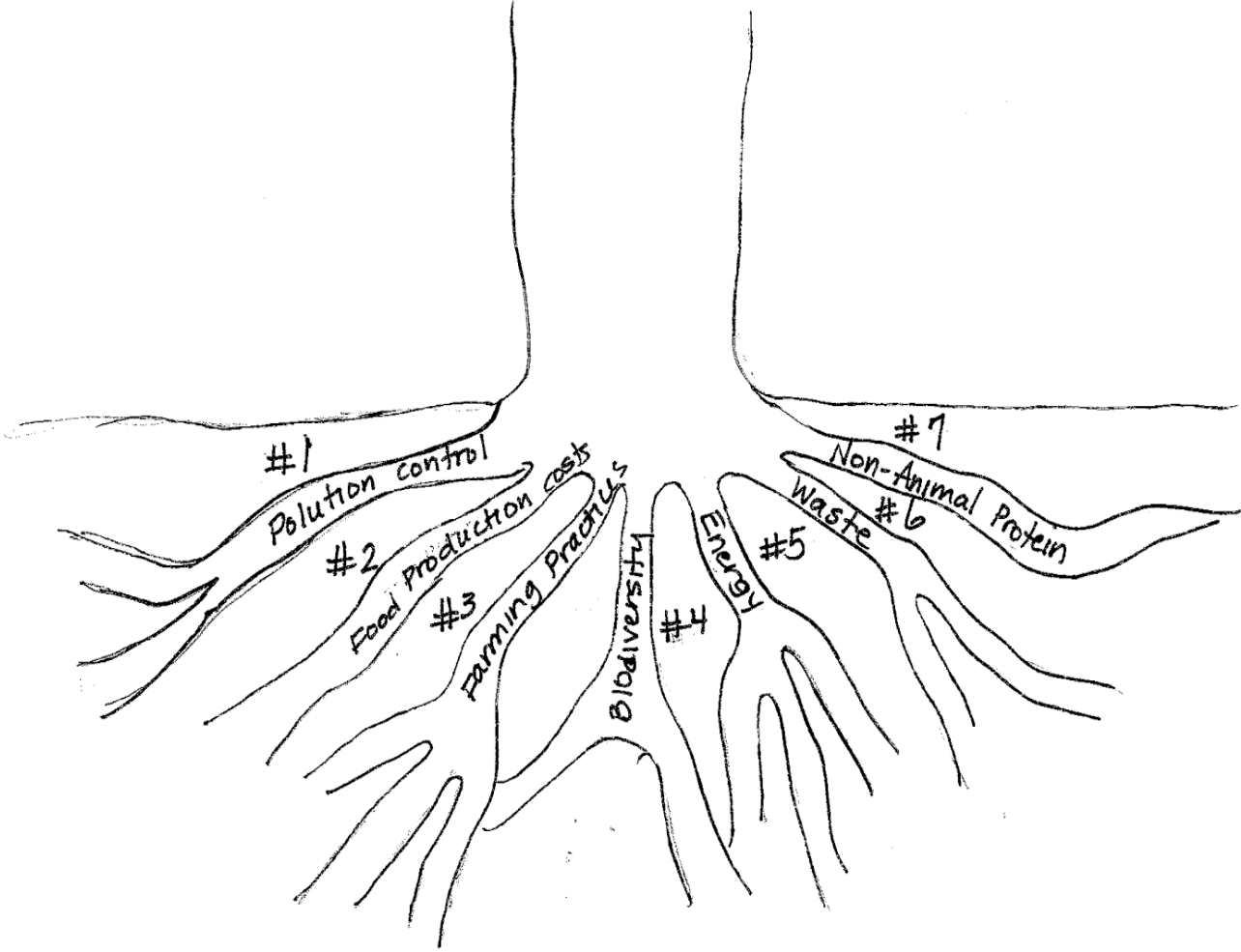
- Action: Choosing Meat Alternatives - Soy products

The action steps outline are:

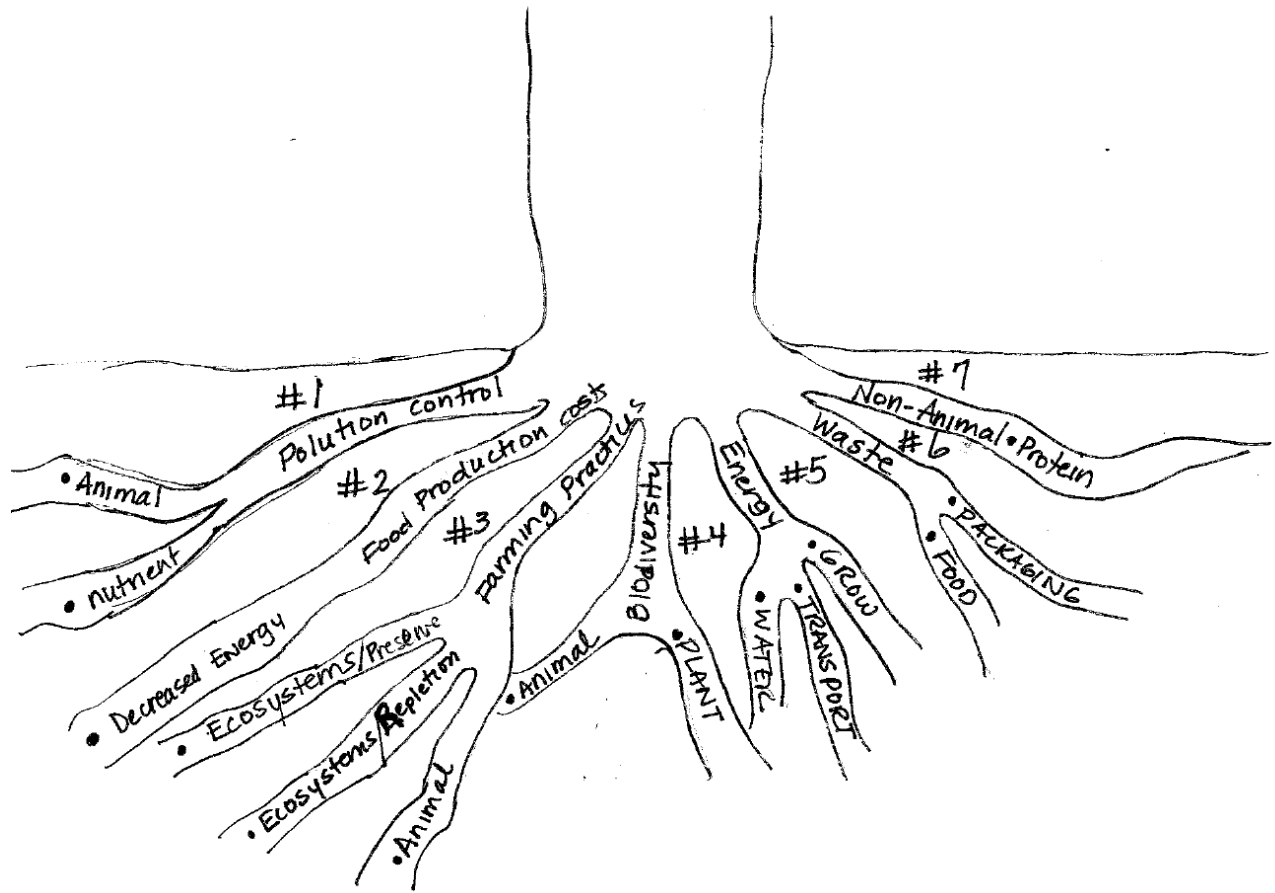
1. Action: local or know farmer
2. Action: select foods that have been less processed
3. Action: select foods that have less additive
4. Action: serving meatless or meat alternative meals
5. Action: select foods that have less preservatives.
6. Action: grow food at home
7. Action: purchase organically grown foods when able
8. Action: shop at markets that evaluate how food is grown.
9. Action: purchase if possible Fair Trade and other economic plans to support sustainable farming.
10. Action: support businesses purchasing local sourced food
11. Action: purchase food from farmers markets
12. Action: buy food in season
13. Action: consider composting
14. Action: support business that have food waste recovery plans
15. Action: purchase food from bulk vs individually packaged items.
16. Action: join a Community Supported Agriculture, CSA
17. Action: recycle packaged material of items purchased
18. Action: purchase items with less packaging
19. Action: use non-plastic bags.

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- The image contains 18 hand-drawn leaf-shaped notes, each with a tip for mindful eating. The tips are as follows:
- #1 BUY LOCAL FOODS
  - #2 Less Processed foods CHOOSE FOODS
  - #2 Less Additives CHOOSE FOODS
  - #7 Meat less or Meat Alt. include
  - #2 Less Preservation Buy food w/
  - #5 grow food at home
  - #2 buy #3 Organic when able
  - #3 Shop at Markets that evaluate new food is grown
  - #4 #5 #6 purchase Fair Trade or other programs to support sustainable
  - #6 Purchase in bulk VS Indiv. Package items
  - #3 #4 #6 Visit Farmers Markets
  - #5 Buy foods in Season (LOCAL)
  - #6 Consider Composting
  - #6 Support business that have food waste recovery plans
  - #2 #4 #6 Join A CSA
  - #6 Recycle packaging
  - #6 Purchase less packaged items
  - #6 Use non-plastic bags
  - #6 Know your farmer (LOCAL)