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
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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[Diagram with tree-like structure showing relationships between various elements like Energy, Water, Transport, Food, Waste, Packaging, Non-Animal Protein, Diversity, Ecosystems/Protein, Animal, Plant, Food Production, and Pollution Control.]
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