

## In February

## Task of the Month

# Reduce the Impact of What We Eat —and Don't Eat!

Plan a meat-free and dairy-free day (or two!) each week:

Plant-based diets are healthier for people and the Earth!

Americans consume more than **two times** the amount of **red meat** than the global average, so we have a dis-proportional impact on our Earth.

An estimated 30% of food is wasted, much of it at the transport and sales end. But buying only what you are sure to eat will reduce waste along the supply chain.

### Reduce food waste:

- ❖ Plan meals before shopping to avoid spoilage;
- ❖ Compost your food scraps to keep them out of the landfill.



### Earth Care Bloomington

For more suggestions and PDFs of the posters visit:

<http://www.earthcareindiana.org/>

Questions: [contact@earthcareindiana.org](mailto:contact@earthcareindiana.org)