



# EATING OUR WAY TO CLIMATE RESILIENCE

## 6 Ways to Combat Climate Change with Food



### Eat Climate-Friendly

The simplest way to increase climate-friendly purchasing is to buy more fruits, vegetables and other plant-based foods.

### Eat Less & Better Meat

Meat has a high carbon footprint—eating less helps. You can also choose lower-footprint meats like chicken or fish.



### Waste Less

1/3 of all food produced is wasted—and is responsible for 8% of worldwide GHG emissions. Eliminating food waste reduces this impact and address food insecurity.

### Urban Agriculture

Urban farms, from community gardens to rooftop greenhouses, boost fresh food availability, fortify food system resilience, and promote urban sustainability.



### Protect Soil

Safeguarding farmlands, promoting local, sustainable agriculture, and using climate-friendly practices boosts soil protection and carbon sequestration.

### Eat Local

Buying local food reduces "food miles", lowers fossil fuel usage and greenhouse gas emissions, preserves local lands, supports wildlife habitats, and encourages availability of fresh produce.

