

Simple Steps

Food Choices for a Healthier You & a Healthier Planet

Fresh is best –

- ✓ Introduce more fresh fruit & vegetables into your diet – make them organic when you can to reduce exposure to pesticides
- ✓ Frozen fruits & vegetables are a good alternative when fresh is not available
- ✓ Try to avoid canned foods which often contain a lot of salt and increase exposure to BPA (bisphenol –A) an endocrine-disrupting chemical used in the lining of most cans
- ✓ Shop at greenmarkets or join a CSA (Community Supported Agriculture) – check out the HIR CSA, Riverdale Y Greenmarket, Kingsbridge Riverdale Farmers' Market



Read food labels -

- ✓ Try to replace heavily processed and packaged foods with bulk items and those with simpler ingredients
- ✓ What you don't know might hurt you - if you can't pronounce it & don't recognize it, it probably doesn't belong in your body

BYOB (Bring Your Own Bags) –

- ✓ Reusable bags cut down on plastic bags clogging landfills
- ✓ Buy bulk items to reduce packaging and scoop loose items from bins when possible

Resources –

Organic/Local Food

- ✓ csa@hir.org
- ✓ <https://www.organicconsumers.org>
- ✓ www.EWG.org (Environmental Working Group's Dirty Dozen/Clean Fifteen)
- ✓ <http://www.riverdaley.org> (Sunday Market)
- ✓ <http://krfarmersmarket.blogspot.com/>

Kosher Grass-Fed Meat

- ✓ www.kolfoods.com
- ✓ <https://www.growandbehold.com>

Safer Fish Choices

- ✓ http://www.nyc.gov/html/doh/downloads/pdf/edp/mercury_brochure.pdf
- ✓ <http://www.nrdc.org/health/effects/mercury/walletcard.PDF>

Advocacy/Educational/Fun Food Facts

- ✓ <http://www.choosemyplate.gov/dietary-guidelines.html>
- ✓ www.foodandwaterwatch.org
- ✓ <http://hazon.org/jewish-food-movement/fittoeat/>
- ✓ <https://www.youtube.com/watch?v=MfTQergr29M>
- ✓ <http://www.thematrix.com/>

