

environmentally sound food

SUSTAINABLE FOOD SPOTLIGHT

why eat “environmentally sound” food?

Environmentally sound food is produced or harvested in a way that minimizes harm to the environment. This includes products that are grown without synthetic fertilizers or pesticides, farmed to protect waterways, and harvested to preserve biodiversity. Environmentally sound food practices also reduce greenhouse gas emissions from food production by preventing deforestation and decreasing the consumption of meat and processed goods.

Environmentally Sound Food at Bruin Plate

Bruin Plate features seafood dishes using fish that meet the *Monterey Bay Aquarium’s Seafood Watch Guide* “Best Choice” or “Good Alternative” designations. Bruin Plate also offers certified *USDA Organic* teas and dairy creamers.

Tips for Eating Environmentally Sound Food

- Reduce your consumption of dairy products and meat, especially beef. The production of an 8-oz. steak generates the same amount of CO₂ as an average car emits driving 35 miles.¹
- Choose foods that are minimally processed. Processed foods require energy for canning, freezing, drying, and packaging.
- When buying groceries and snacks, look for foods with labels such as *USDA Organic*, *Food Alliance Certified*, or *Rainforest Alliance Certified*. These labels indicate that the food’s producers protect soil, water, and wildlife.

Source:

1. Subak, S. (1999). Global environmental costs of beef production. *Ecological Economics*, Elsevier vol. 30(1), pages 79-91.



At Bruin Plate, we focus on sustainable food purchases and other efforts that impact the environment and our community. Sustainable food systems support the long-term health and well being of both people and the planet.