

Cool Foods CAMPAIGN



Guide To
Reducing
Global Warming
Through
Food Choices

IS INDUSTRIAL AGRICULTURE COOKING THE PLANET?

Reducing global warming begins with the food we eat. The U.S. food system uses approximately 18% of the total energy supply in the country, contributing a significant amount of greenhouse gas emissions to the atmosphere every day.

REDUCING YOUR GLOBAL FOODPRINT

You can have a major influence on global warming by making better food choices, and reducing your "FoodPrint"—the impact of the food you consume on the environment in terms of the amount of greenhouse gases produced in the growing, preparation and transportation of that food. The "Coolest" foods—such as organic, local, and whole foods—have the lowest "FoodPrint" and are made without producing excess greenhouse gases.

FOOD CHOICE & BEYOND

Want to reduce global warming? See the other side of this guide for the Top 5 Things You Can Do and join the Cool Foods Campaign to help take a bite out of global warming by changing the way you eat!

To keep up-to-date on the Cool Foods Campaign, and for more information about what you can do to lower your "FoodPrint," visit our website at

[www.coolfoods
campaign.org](http://www.coolfoodscampaign.org)

THE COOL FOODS CAMPAIGN educates the public about how food choices can affect global warming and empowers them with the resources to reduce this impact.

A PROJECT OF



CENTER FOR
FOOD SAFETY



THE
CORNERSTONE
CAMPAIGN



660 Pennsylvania Ave., SE, Suite 302
Washington, DC 20003
www.centerforfoodsafety.org

1. eat organic

Organic foods are produced without the use of energy-intensive synthetic pesticides and fertilizers, growth hormones, antibiotics, and they are not genetically engineered or irradiated.

TO BE COOLER: Buy organic and look for the USDA organic label to ensure that the food you eat is “certified organic.”

2. reduce meat & dairy consumption

Conventional meat—eg. beef, poultry, pork, dairy, and farmed seafood—are the #1 cause of global warming in our food system.

TO BE COOLER: Limit your consumption of conventional meat, dairy, & farmed seafood. Buy organic meat and dairy when possible, as these foods are produced without energy-intensive synthetic pesticides and herbicides, & look for wild (not farmed), local seafood.

3. avoid processed foods

Compared to whole foods such as fruits and vegetables, processed foods require the use of energy-intensive processes such as freezing, canning, drying, and packaging.

TO BE COOLER: Do your best to avoid processed foods all together, but “certified organic” processed foods are a good alternative.

4. buy locally grown foods

Transporting food throughout the world emits 30,800 tons of greenhouse gas every year. The average conventional food product travels about 1,500 miles to get to your grocery store.

TO BE COOLER: Choose locally produced foods or foods grown as close to your home as possible to reduce transport and support your local community.

5. say no to packaging

Packaging materials, like plastic, are oil-based products that require energy to be created and are responsible for emitting 24,200 tons of greenhouse gas every year.

TO BE COOLER: Buy whole foods such as loose fruits and vegetables, bulk beans, pasta, cereals, seeds, nuts, and grains, and carry your own reusable grocery bags.

take a bite out of  global warming!