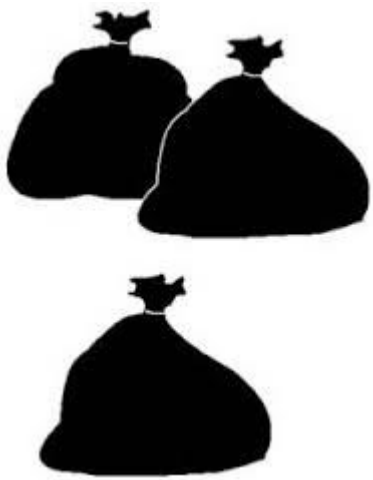




## Did You Know?

Each year, an estimated 500 billion to 1 trillion plastic bags are consumed worldwide. That's over one million plastic bags used per minute.



The average American family takes home almost 1,500 plastic shopping bags a year.

## Take Action!



Tell store clerks you don't need a bag for small or oversized purchases.



Scan the QR Code to see what Dining Services is doing to improve campus Sustainability!

# The

**Fall Edition Issue 4: November 2015**

## Tips for a Sustainable Thanksgiv-

### **Eat Organic!**

Eating organic doesn't pollute our drinking water or air, reduces your carbon dioxide emissions, protects farm workers and is safer for humans. And, best of all, it tastes better.



### **Drink Local Water!**

Often times, bottled water is actually tap water with the added bonus of the plastic's toxic chemicals leaching into the water. Bottled water creates mountains of plastic which will be here for thousands of Thanksgiving meals to come. If you're concerned about the quality of your drinking water, opt for a filter on your tap.

### **Meet a Farmer!**

Conventional food travels an average of 1300 miles from "field to plate" and is responsible for 5 to 17 times more CO2 production than local and regional food. Buying local also ensures healthier and better tasting food while supporting your community!

### **Skip Meat!**

It might sound unreasonable to suggest that people opt-out of eating meat on Thanksgiving. However, factory farming is extremely inhumane and livestock production is responsible for one-fifth of all greenhouse gas emissions. Too much of a leap for you to go meat-free on Thanksgiving? Start the following week with Meatless Mondays!

### **Save Your Scraps!**

The average US family loses \$600 in food waste each year. Rather than throwing out uneaten fruits and veggies, transform them into usable fertilizer with a compost bin. Compost improves soil, adds important nutrients for plants, and reduces the need for commercial, petroleum-based fertilizers.



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