

Why eat sustainable foods?

Sustainable agriculture allows us to grow food in a way that is socially and environmentally responsible, providing foods that are better for our bodies and the planet.

- Do it for the taste.
 - Savor a freshly harvested organic heirloom tomato from your local farmers' market. Next, munch on the conventionally-grown "tomato" purchased at your supermarket. You'll understand.
- Do it for your health.
 - Sustainably-grown food is more nutritious. Foods from sustainably-raised animals contain more omega-3 fats, higher vitamin content, less saturated fat, and fewer pathogens than those from conventionally raised animals. Sustainably-grown produce has higher phytochemical, vitamin and mineral content.
- Do it for the workers.
 - Farmworkers on conventional farms are exposed to toxic chemicals, rarely paid a livable wage, and highly exploited. Slaughterhouse work is considered the most dangerous job in the U.S. In contrast, when food is grown or raised sustainably, workers' health, safety and financial needs are respected.
- Do it for the environment.
 - Unsustainable practices pollute the soil, air and water, squander valuable natural resources, harm wildlife, and contribute to global warming. Sustainably-grown food preserves and nurtures resources.
- Do it for the animals.
 - In factory farms, animals are treated as commodities, not living, breathing, sentient beings. They are often crammed into small spaces with no access to sunlight or room to turn around, and subject to painful mutilation procedures such as debeaking, fire branding, or castration. Sustainable practices respect the animals and protect them from unnecessary suffering.
- Do it for your community.
 - The conventional food system is built on a foundation of impersonal, economic relationships. The legal mandate of corporations dictates the need to prioritize shareholder profits. Health and environmental concerns only play a role when in the corporation's financial interest. Sustainable farmers, on the other hand, are individuals who care about their land, their neighbors, and their customers. They help us stay connected to how our food is grown, and give us the opportunity to restore integrity to our relationships with each other and with the earth.

Flip to the reverse side for a guide on how to find sustainable foods.

Resources for Sustainable Eating

The **Eat Well Guide** (www.eatwellguide.org) is a directory of sustainably-grown or -raised meat, poultry, dairy and eggs. Plug in your zip code to find restaurants, farms and stores in your area.

Local Harvest (www.localharvest.com) can help you find local foods. They have an extensive listing of farms, farmers' markets, community supported agriculture, restaurants, and coops.

Eat Wild (www.Eatwild.com) lists pasture-based farms that supply grass-fed beef, lamb, goats, bison, poultry, pork and dairy products.

The **USDA Agricultural Marketing Service** (www.ams.usda.gov/farmersmarkets) includes a state-by-state listing of farmers' markets.

The **USDA's Alternative Farming Systems Information Center** (<http://www.nal.usda.gov/afsic/csa/>) can help you find Community Supported Agriculture (CSA) near you.

Heritage Foods USA (www.heritagefoodsusa.com) contains a list of restaurants and stores that sell heritage foods. The foods they list are traceable, meaning they supply you with the details of where the food comes from and the way in which it was raised.

Excerpted from *Eat Well: For your Self, For the World*
(www.lulu.com/LindaBacon).

Eat Well provides much more extensive information on sustainable eating.

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