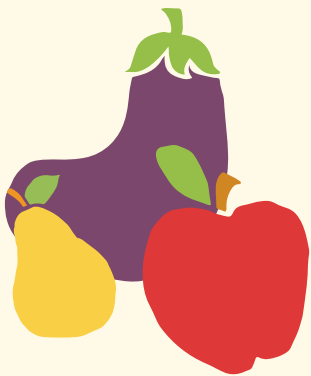


ECO MENU

10 TIPS FOR CLIMATE-FRIENDLY FOOD CHOICES

1- FRUITS & VEGGIES



WHERE POSSIBLE, **EAT WHAT'S IN SEASON IN YOUR AREA** AND SELECT LOCALLY GROWN FRUITS & VEGETABLES. SUPPORT LOCAL FARMS THAT USE **SUSTAINABLE PRODUCTION METHODS**, SUCH AS ORGANIC FARMING. AVOID PRODUCTS THAT HAVE BEEN **SPRAYED WITH PESTICIDES**.

	FRUITS	VEGGIES
SPRING	watermelon, cantaloupe, apricots	asparagus, beets, carrots, celeriac, mushrooms, red cabbage, herbs, chicory, spinach, potatoes, lettuce and greenhouse tomatoes, yellow onions, parsnips, radishes, rutabagas, rhubarb
SUMMER	cherries, gooseberries, rhubarb, strawberries, apples, Saskatoon berries, blueberries, currants, grapes, nectarines, peaches, pears, plums, raspberries, watermelon, cantaloupe, apricots	garlic, asparagus, artichoke, eggplant, Swiss chard, beets, broccoli, carrots, celery, celeriac, mushroom, Chinese cabbage, Brussels sprouts, cauliflower, cucumber, pickles, squash, zucchini, French shallot, endive, spinach, fennel, herbs, yellow and green beans, lettuce, sweet corn, onion, parsnip, parsley, peas, snow peas, chili, leek, pepper, potato, radish, rhubarb, rutabaga and tomatoes
FALL	cherries, cranberries, grapes, apples, pears, blueberries, cantaloupe, plums, strawberries, watermelon	garlic, eggplant, beetroot, broccoli, carrots, celery, celeriac, potatoes, mushrooms, Brussels sprouts, Chinese and green and red cabbage, pumpkin, squash, French shallot, chicory, lettuce, Spanish and yellow onion, parsnip, hot pepper, leek, potato, pepper, black and red, rabiole, rutabaga, field and greenhouse tomatoes, Jerusalem artichoke
WINTER	apples, pears, cranberries	beets, brussels sprouts, kale, carrots, celeriac, mushrooms, green and red cabbage, winter squash, chicory, lettuce and greenhouse tomatoes, red & yellow onion, parsnips, leeks, potato, turnip, black radish, rutabaga, Jerusalem artichoke, turnips, sweet potatoes

NOTE

SOME FRUITS & VEGGIES ARE AVAILABLE FOR LONGER OR SHORTER PERIODS OF TIME.

Availability depends on which region of Canada you're in. Growing seasons are different for Western provinces, Eastern provinces and Atlantic provinces. Please check the growing seasons in your area.

Some fruits and veggies are available for longer periods of time. Potatoes and other tubers have a longer shelf life, and carrots can be sown and harvested at different times of the year depending on the soil and temperatures, for instance.

2- MEAT



REDUCE YOUR CONSUMPTION OF INDUSTRIAL MEAT PRODUCTS.

IF YOU DON'T WANT TO CUT IT OUT ENTIRELY, **AIM FOR JUST ONE OR TWO PORTIONS PER WEEK.** CHOOSE MEAT PRODUCTS FROM LOCAL, ECOLOGICAL SOURCES.

GREENPEACE STRONGLY SUPPORTS INDIGENOUS HARVESTING OF ANIMALS, A BEDROCK OF MANY INDIGENOUS CULTURES AND KNOWLEDGE. THIS IS CONSISTENT WITH THE FULL RANGE OF RIGHTS OUTLINED IN THE UNITED NATIONS DECLARATION ON THE RIGHTS OF INDIGENOUS PEOPLES, IN PARTICULAR TO CULTURAL SURVIVAL.

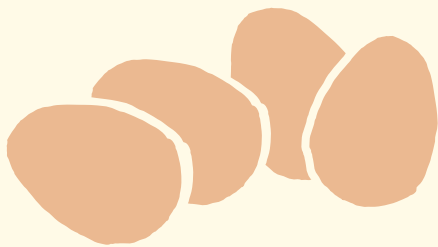
WARNING

"MADE/GROWN IN CANADA"

This kind of wording only refers to the geographical origin of the product and does not offer any guarantees regarding farming practices.

Try to buy from certified organic producers who have practices that are more respectful of the environment and workers' rights.

3- EGGS



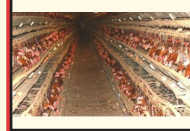
BUY ORGANIC EGGS FROM OUTDOOR, FREE-RANGE CHICKENS

INFORMATION IS USUALLY SHOWN ON EGG CARTONS REGARDING THE TYPE OF HEN FARMING USED AND THE FEED THEY HAVE BEEN GIVEN (FEED THAT IS LOCALLY PRODUCED AND FROM AGRICULTURAL BY-PRODUCTS IS PREFERABLE)

NOTE

KNOW THE DIFFERENCE:

EGGS FROM TRADITIONAL CAGE FARMING



Hens are kept in 67 square-inch battery cages. They cannot walk or spread their wings.

EGGS FROM FREE RUN CHICKENS



The hens are housed on the floor of the henhouse without access to the outside.

EGGS FROM FREE-RANGE CHICKENS



The hens are housed together on the floor of the chicken coop and have limited access to the outside.

ORGANIC EGGS



The hens are raised in a chicken coop (not a cage) and must have access to the outside if the weather permits. Their feed is certified organic.

4 - DAIRY PRODUCTS



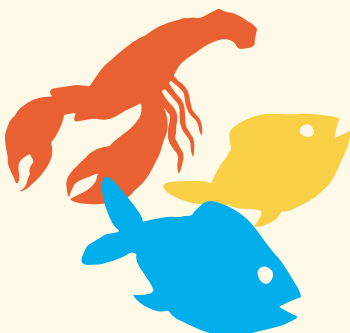
MODERATE YOUR CONSUMPTION OF MILK AND DAIRY PRODUCTS. IF POSSIBLE, **CHOOSE MILK AND DAIRY PRODUCTS FROM ECOLOGICAL SOURCES.**

NOTE

HOW TO RECOGNIZE AN ECOLOGICAL FARM

- The animals are raised outdoors, with respect and without suffering;
- The main source of animal feed comes from nearby pastures and is produced without the use of pesticides;
- Benefiting local communities - local producers, not mega corporations;
- Respecting the rights of workers;
- Organic methods to maintain the soil health.

5-SEAFOOD

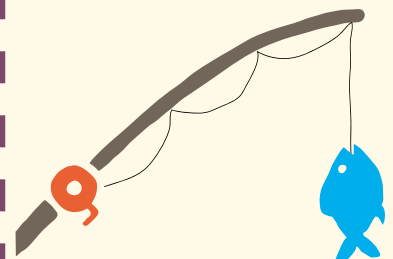


CHOOSE LOCALLY CAUGHT, SEASONAL FISH AND SEAFOOD FROM PRODUCERS, THAT USE LOW-IMPACT METHODS. AVOID FISH CAUGHT WITH DESTRUCTIVE FISHING METHODS, LIKE BOTTOM TRAWLING AND FISH FARMS.

NOTE

YOU HAVE THE RIGHT TO KNOW WHERE YOUR FISH COMES FROM

Does the label tell you **where the fish was caught, how it was caught and whether it impacted endangered species or marine reserves?** Labels should be clear and transparent with this kind of information so you can make informed choices.



6 - LOW COST FOODS



NO THANKS!

CHOOSE **QUALITY** OVER **QUANTITY**. EVERY PRODUCT HAS A STORY, AND IN THE CASE OF LOW COST FOODS, IT IS OFTEN A STORY OF WORKER EXPLOITATION AND MASSIVE USE OF CHEMICALS, INSECTICIDES AND FERTILIZERS. THIS IS BAD NEWS FOR PEOPLE AND PLANET.

NOTE

BARRIERS TO ACCESSING GOOD FOOD

Everyone has the right to healthy and culturally appropriate food. But systemic barriers like income inequality and racial discrimination mean that good food, with a lower environmental impact, is often unaffordable or unavailable to many of us. This isn't fair.

We need good food policies that ensure access to quality food - for everyone.

CLIMATE JUSTICE
=
FOOD JUSTICE

7 - LOCAL FOODS



WHEN POSSIBLE, BUY FRUITS AND VEGGIES THAT HAVE BEEN GROWN CLOSE TO HOME. TRANSPORTING FOOD GREAT DISTANCES — WHICH OFTEN REQUIRES LONG PERIODS OF REFRIGERATION — ONLY DRIVES UP THE CARBON COSTS OF WHAT'S ON YOUR PLATE HIGHER.

BUYING FROM LOCAL, SMALL SCALE FARMERS ALSO MEANS YOU CAN AVOID THE HIGH ENVIRONMENTAL COSTS ASSOCIATED WITH INDUSTRIAL AGRICULTURE.

NOTE

LOCALLY GROWN FOODS ARE BETTER FOR PEOPLE AND PLANET

Small scale farmers using locally and naturally available materials to produce high-quality foods encourage a whole systemic approach to farming that is more diverse and more resilient to climate change, adverse weather conditions, pests and diseases.

Follow the rhythm of the seasons and discover local products (**see section one**).

8 - PLANT-BASED PROTEIN



GET TO KNOW YOUR MEAT ALTERNATIVES! PROTEIN CAN BE FOUND IN A VARIETY OF FOODS, INCLUDING:

- * **LEGUMES:** BEANS, CHICKPEAS, LENTILS, PEAS
- * **NUTS & SEEDS:** HAZELNUTS, WALNUTS, PUMPKIN SEEDS
- * **FRUITS:** DRIED APRICOTS
- * **CEREALS:** OATMEAL, BUCKWHEAT, KIDNEY BEANS
- * **SOY:** TOFU, SEITAN, SOY FLOUR, SOY SPROUTS

NOTE

WHEN COMBINED CORRECTLY, VEGETABLE PROTEIN IS JUST AS GOOD AS ANIMAL PROTEIN

Pair together for ultimate **protein source:**

- * pasta and legumes
- * salad and nuts
- * corn and beans

...and for **iron:**
nuts, pumpkin,
hemp, hazelnuts



9 - FOOD WASTE



REDUCE YOUR FOOD WASTE:

BE MINDFUL OF HOW MUCH FOOD YOU ARE THROWING OUT:

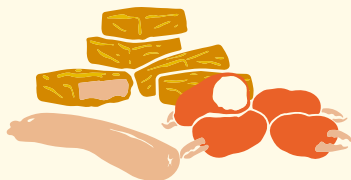
- * BUYING BULK DEALS SOUNDS GREAT UNTIL HALF OF IT ROTS IN YOUR FRIDGE. ONLY BUY WHAT YOU CAN USE!
- * MEAL PLAN AND MAKE LISTS. ONLY BUY WHAT YOU'LL COOK FOR THE WEEK.
- * FREEZE LEFTOVERS AND FRUITS & VEGGIES COMING UP TO THEIR BEST BEFORE DATES.
- * COOK ROOT-TO-STEM.
- * USE APPS TO HELP YOU FIND RECIPES FOR FOOD COMING UP TO ITS BEST BEFORE DATE.
- * COMPOST SCRAPS AND FOOD THAT HAS GONE BAD.
- * VISIT THE [#GOODFOODCHALLENGE ACTION PAGE](#) TO LEARN MORE.

WARNING

1/3 OF FOOD PRODUCED GLOBALLY IS WASTED EVERY YEAR, WHILE 58% OF FOOD PRODUCED IN CANADA IS LOST OR WASTED ANNUALLY.

When food ends up in landfills, it releases harmful methane gasses that traps 28 times more heat than carbon dioxide in the atmosphere. Food waste represents **8% of global emissions**, a quantity comparable to global road transport and **four times larger than emissions from global aviation.**

10 - PROCESSED FOODS



REMEMBER THAT INDUSTRIALLY PRODUCED, HIGHLY PROCESSED AND PACKAGED FOODS OFTEN HAVE LOW NUTRITIONAL VALUE AND CAN BE VERY HIGH IN SODIUM. **THESE FOODS ARE NOT GOOD FOR YOU OR THE ENVIRONMENT.** YOU SHOULD AVOID THESE AND STICK TO FRESH, HOME COOKED MEALS WHENEVER POSSIBLE.

NOTE

FOLLOW CANADA'S RECENTLY UPDATED FOOD GUIDE (SEE BELOW)

Canada's food guide was recently updated to reflect the health and environmental benefits of eating a plant-based diet. Yay for Canada, following the science!

FOLLOW CANADA'S NEW FOOD GUIDE:



CANADA'S FOOD GUIDE WAS RECENTLY UPDATED

to recommend consuming more fresh fruits & veggies and plant-based proteins as part of a healthy diet.

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice

Choose whole grain foods



DON'T LEAVE FOOD PRODUCTION IN THE HANDS OF THE FEW!

Right now, making good food choices is not as easy as it should be. **It's time to take back our food system.** Together, we can return our food to what it was always meant to be: a source of life – for all people on the planet.

TAKE ACTION WITH US! LEARN MORE ABOUT WHAT YOU CAN DO AT THE [#GOODFOODCHALLENGE ACTION PAGE](#)

GREENPEACE