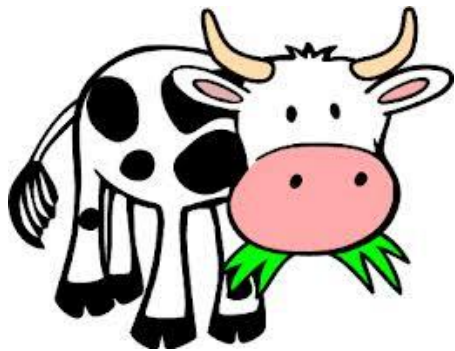


Directions

1. Print the slide show (**starting at Slide 2**)
 - Print on reused paper if possible
2. Cut out each fact and interactive box.
3. Staple or pin onto your bulletin board (use a newspaper background)
4. Recycle all pieces you don't use
5. Attach a pen or marker to the bulletin board so residents can add their ideas to the boxes.
6. Recycle (or reuse) the bulletin board when you take it down



Healthy and Sustainable Eating



Eat less meat and dairy.

Meat production accounts for 18% of the world's greenhouse gas emissions.

Cutting **1/3** of the meat from your diet can save as much as **340,667 gallons of water**, **4,000 ft² of land**, and the greenhouse gas equivalent of **driving 2,700 fewer miles a year**.





Start small with **Meatless Mondays** or switching your cereal milk to soy or almond milk. If you are already a vegetarian, try **Vegan Mondays** for a new challenge.





Avoid processed foods. Whole foods not only taste better, but are better for you and the environment.

Keep an eye out for these symbols so you know what you are putting on your plate in the dining halls:

-  Bone-i-fied Good: Healthiest Items
-  Less than 30% of Calories from Fat
-  Meatless
-  Vegan

Local foods require less transportation and processing, creating a **smaller carbon foot print.**



Eat local food by keeping an eye out for the Georgia grown decal



For more information on [Sustainability in the UGA Dining halls](#), visit:

<http://foodservice.uga.edu/about/sustainability>

For nutritional facts and access to [Build My Plate](#), a web feature used to navigate menu options and calculate nutritional information of dining hall foods visit:

<http://foodservice.uga.edu/nutrition>

Colleges and universities spend more than



\$4 billion

each year on food.

Real Food UGA is working to make **20%** of the dining hall's food purchases to be real food by 2020.

Real food is fair, community-base, naturally grown, and humanely raised

Contact:

realfooduga@gmail.com

Real Food is pushing for food that is **environmentally sustainable**, grown without chemical pesticides, large-scale mono-cropping, or huge carbon footprints.



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**Questions about environmental
sustainability initiatives in
University Housing? Contact Christy
Tweedy at ctweedy@uga.edu**