



Sustainable, Healthy Eating Tips

Cheese: Buy blocks of cheese instead of pre-sliced individually wrapped servings. The energy used to make the plastic wrappers for slices of American cheese amounts to the equivalent of more than 13.8 million gallons of gasoline per year-enough for the entire population of Milwaukee to carpool out west to visit the happy cows of California (*The Green Book*, Rogers & Kostigen, 2007)

Less Waste, Saves Money, Healthy Eating



Milk: Buy a single gallon jug instead of purchasing smaller containers. On a volume basis, it takes less energy to produce the bigger containers and generates less waste. The average household buying sixty-three gallons of milk per year (including flavored) could run the refrigerator for 36 hours with the energy saved by purchasing bigger containers. (*The Green Book*, Rogers & Kostigen, 2007)

Less Waste, Saves Money, Healthy Eating



Pack your Lunch: Save money, eat healthier foods and use less paper by packing lunches in reusable containers for you and your family for school and work. Reuse containers, use fresh foods instead of canned or frozen products. Avoid Styrofoam containers and plastic utensils. (*True Green*, McKay & Bonnin, 2006).

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