



Photo Courtesy of Joshua Franzos Photography

FOOD SAFETY

From the seed to table, how our food is grown, the chemicals that are applied, the way it is packaged, the distance it travels to our homes, and how we prepare it are all important to understand if we want to make better choices for a healthier life.

Buy Local!

- Support local farms (www.buylocalpa.org) by visiting farmers' markets and eating fruits and vegetables that are in season.
- Reduce exposure to pesticides by referring to EWG's "Dirty Dozen, Clean Fifteen"™ lists and wash all fruits and vegetables. —>
- Avoid meats, dairy products and processed foods that contain hormones, antibiotics, dyes and other chemicals. Trim fat on meat and remove skin from fish and poultry.
- Avoid fish that contain high levels of mercury.
- Avoid canned food and plastics numbered #3, 6 and 7.
- Start your own backyard garden or join a community garden.
- Stretch your food dollars by making a second meal from leftovers—just add items you already have in your pantry.
- Look for "WHOLE" in front of grains, like wheat.
- Remember, words like "Fat Free" and "Sugar Free" do not always mean it's healthy. (If it's in a box, it's probably processed).

Sources: Mt. Sinai Children's Environmental Health Center, Environmental Working Group, Environmental Protection Agency

