

Get Fresh!



The U.S. dumps 1.4 billion pounds of waste into landfills every 24 hours!

We challenge you to replace processed, highly packaged food items with fresh selections for better nutrition and less waste. Take advantage of fresh summer produce.

- Visit farmer's markets—find one at www.farmersmarket.com.
- Find easy recipes using fresh vegetables.
- Reduce overall food packaging waste and encourage recycling.
- Host a bring your lunch to work day.

We're part of Practice Greenhealth's Earth Day Leadership to support a year of Earth Days for a Healthier Environment.

www.PracticeGreenhealth.org/earthday



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