

Live Healthy. Live Green.

Nourish your body & the environment



- Eat green, orange, yellow, red, purple and other colors of fruits and vegetables. Have 5 to 9 servings every day.
- Choose other plant-based foods, such as whole-grain breads and cereals, beans, peas, and nuts.
- Buy organic foods. Choose fresh produce in season and locally grown foods to save money and energy spent on transporting foods from up to thousands of miles away.
- Wash fruits and vegetables with clean tap water before using to remove soil particles and pesticides that might be on the foods. Wash items over a bowl. Pour the water from the bowl over your plants instead of down the drain.
- Create a compost in your backyard. Find out how from [epa.gov/recycle/composting-home](https://www.epa.gov/recycle/composting-home). Use it to fertilize your lawn.
- When you eat out, try restaurants that use locally grown foods. Find ones from [dinegreen.com](https://www.dinegreen.com).