

## Resources for “Sustainable Table Challenge”

### **How To Lower Your Carbon Footprint With The Foods You Eat (And Don't Eat)**

Meat, dairy, almond milk... how much of a difference can we make if we cut back on ingredients that aren't eco-friendly?

Visit <http://foodprint.org> for a great starting place

Read in HuffPost: <https://apple.news/AWd6flyg7Sa2YcE2NE2xoig>

### **How do foods compare in terms of Greenhouse Gas Emissions**

Take a look at this chart to see how raising cattle compares with raising a potato.

[http://foe.org/wp-content/uploads/2018/09/Climate-Friendly-Food\\_GHG-Chart.pdf](http://foe.org/wp-content/uploads/2018/09/Climate-Friendly-Food_GHG-Chart.pdf)

### **Where to find local fruits and vegetables:**

*Bishop's Orchards*, 1355 Boston Post Road in Guilford [www.bishopsorchards.com](http://www.bishopsorchards.com)  
At Bishops you not only find fresh produce from local farms, but you also can you're your own berries and easily freeze them for the winter.

Bishop's also offers the option to purchase a CSA (Community Supported Agriculture) How does it work? Families and households sign up to purchase a “share” of the upcoming season's harvest. Once the season is underway, Bishop's prepares a weekly tub of seasonal produce and fruit for you to pick up. They also provide an education channel via weekly e-mail, blog and face to face communications.

*Country Farms II* at the corner of Route 1 and Route 22 in Guilford

*Sansone's Farm*, 3 S Montowese St, Branford, CT 06405

*Medlyn Farms* – 710 Leetes Island Road, Branford, CT 06405

### **Join the “Meatless Mondays” Community**

Find recipes at:

<https://www.mondaycampaigns.org/meatless-monday/resources>

Know the difference and the benefits: Vegetarian, vegan, pescatarian, etc.

<https://www.medicalnewstoday.com/articles/8749#foods>

Protein is not a problem

<https://www.healthline.com/nutrition/complete-protein-for-vegans#>

The Good News about meat – what to avoid and what to embrace

<https://www.theguardian.com/commentisfree/2010/sep/06/meat-production-veganism-deforestation>

And about Chocolate...we love it but its production is often accomplished by unethical practices, including child labor. It's good to know the who good guys are.

<https://www.greenamerica.org/end-child-labor-cocoa/chocolate-scorecard>

Coffee – so much to say here