

SUSTAINABLE EATING



101



A GUIDE TO EAT BETTER
AND LIVE BETTER

EAT MINDFULLY

Mindful eating is the act of consuming food while acknowledging all the emotional and physical senses stimulated by the experience and appreciating the efforts in the growing, preparing, and delivering of food. This practice enhances the eating experience.

Eating mindfully relates to sustainable eating because the practice encourages eating fresh, seasonal, local, and minimally processed foods.

STEP-BY-STEP

- 1) Designate times specifically for meals throughout the day
- 2) Avoid distractions while eating
- 2) Slow down your pace
- 3) Engage in all your five senses
- 4) Eat until you are satisfied but not uncomfortably full
- 5) Prepare your own meals
- 6) Eat fresh, seasonal, and minimally processed foods



EAT LOCALLY & SEASONALLY



Food can travel from as far as across the globe to get to your plate. That requires fuel and time, which can increase your grocery bill and decrease your chance of getting fresh food.

Local foods tend to be fresher, in season, healthier, and more sustainable. The environment, local farmers, and businesses within your community will thank you for your support!

EAT MORE PLANTS



A primarily plant-based diet will not only improve your health, it will also reduce your environmental impact by avoiding greenhouse gas emissions and water use from growing feed for livestock. Reducing consumption of meat also reduces toxins (e.g., ammonia and pesticides) that contaminate the groundwater you drink and the air you breathe.



LOCAL FALL PRODUCE

VEGETABLES

- Artichokes
- Arugula
- Beets
- Bok choy
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Chicories
- Collards
- Edamame
- Kale
- Leeks
- Lettuce
- Nopales
- Okra
- Onions
- Parsnips
- Peas
- Potatoes
- Radishes
- Rhubarb
- Rutabaga
- Spinach
- Sweet potatoes
- Turnips

FRUITS

- Apples
- Avocados
- Cantaloupe
- Citrus fruits
- Cucumbers
- Dates
- Grapes
- Kiwi
- Pears
- Persimmons
- Pomegranates
- Plums
- Raspberries
- Strawberries
- Tomatillos
- Tomatoes
- Watermelon
- Winter squash

FARMERS MARKETS NEAR YOU

Tuesday

- **Ferry Plaza FM** 10 am - 2 pm

Wednesday

- **Castro FM** 3-7 pm (Apr-Nov)
- **Heart of the City (Civic Center) FM** 7 am - 4 pm
- **VA SF FM** 10 am - 2 pm

Thursday

- **Ferry Plaza FM** 10 am - 2 pm
- **Mission Community Market** 3-7 pm (Mar-Nov)

Saturday

- **Alemany FM** 6 am - 2:30 pm
- **Ferry Plaza FM** 8 am - 2 pm
- **Fillmore FM** 9 am - 1 pm
- **Noe Valley FM** 8 am - 1 pm

Sunday

- **Inner Sunset FM** 9 am - 1 pm
- **Clement Street FM** 9 am - 2 pm
- **Divisadero FM** 9 am - 1 pm
- **Heart of the City FM** 7 am - 4 pm



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