

Sustainable Food Choices



What does it mean to be sustainable?

A sustainable product or method can be created or replicated repeatedly with the priority to maintain or enhance the well-being of communities and the economy while protecting and restoring the natural environment now and for future generations.

What is the value in sustainable food choices?

Sustainable food allows you to protect the environment now and for the future, support local farmers and communities, save money and eat quality, healthy food.

Did you know that produce travels an average of 1,500 miles to get from farm to grocery store?

Buying locally reduces the distance food has to travel and thus reduces fuel consumption and emissions.

How can I make sustainable food choices?

Seek out local foods. Look to farmers' markets, co-ops, or Community Supported Agriculture (CSA farms) that provide locally or regionally produced foods. Look for organic and natural foods that don't use harsh artificial chemicals, pesticides, or additives.

Farmers' Markets

Eagan— Market Fest. Every Wednesday, July 1 through September 16, 2009 from 4pm-8pm. Located at the Eagan Community Center. Visit online at www.CityofEagan.com/marketfest.

Apple Valley— Every Saturday, June through October, from 8am-1pm. Located at 7100 W. 147th St. near the City Hall. Visit online at www.stpaulfarmersmarket.com.

Burnsville— Every Thursday, May through October, from 12pm-5pm. Located in the parking lot at Mary, Mother of the Church at 3333 Cliff Rd.

and Every Saturday, June through October, from 7am-12pm. Located at the Diamondhead Senior Campus (Burnsville Pkwy and Pleasant Ave.) Visit online for both Burnsville markets at www.stpaulfarmersmarket.com.

Co-ops in the Twin Cities—www.TwinCitiesFood.coop

CSA Farms in the region & other sustainable food information—visit on the Web at www.LandStewardshipProject.org or www.SustainableTable.org.

Farmers' markets provide farmers with 80-90 cents of each dollar spent by consumers, compared to 4 cents in grocery stores!

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Food Product Labels

Look for items with these labels when shopping. They are guaranteed to have been produced with minimal negative impacts on the environment, humans and animals.



***Certified Organic.** Food products can have different percentages of organic ingredients. Specific claims have the following legally defined organic ingredient contents certified by the USDA:

- Product says “100% Organic” – it is made with 100% organic ingredients
- Product says “Organic” – it is made with at least 95% organic ingredients
- Product says “Made With Organic Ingredients” – it is made with at least 70% organic ingredients. (Will not carry USDA Organic seal.)

***Local farmers may have organically grown produce without carrying the label, which is voluntary. Just ask!**



Food Alliance Certified. Certifies farms for sustainable practices and fair working conditions. No genetically engineered crops are used. www.FoodAlliance.org



Marine Stewardship Council. Promotes sustainable fisheries, taking into account the long-term yield and marine biodiversity. www.MSC.org



Fair Trade Certified. Democratically-organized farmer organizations receive a guaranteed minimum floor price, do not use harmful agrochemicals, and have safe labor conditions. www.TransFairUSA.org

Reduce & Reuse While Shopping

There are simple ways to reduce and reuse when it comes to shopping for food, whether it be the bag you use or the packaging food comes in.

Reusable bags for groceries—Reuse cuts down on the resources needed to make new plastic and paper bags and reduces the amount of bags thrown away.

Recycle bags—Plastic bags, including soft plastics used for produce bags and packaging, can be recycled through a program called “It’s in the Bag”. Find participating retail locations at www.ItsInTheBagMN.org. Paper bags can be recycled with other paper.

Buy in bulk—Reduce packaging and save money by buying products from the bulk section. Often times you can even bring your own container or bag to refill.

Dakota Valley Recycling

Website: www.DakotaValleyRecycling.org

Information Hotline: 952-895-4559

