

Food & Water: Shrink Your Carbon Footprint

You can help solve climate change every time you choose what to eat or drink.

How we grow, harvest, preserve, and transport food has an enormous impact on our carbon footprint. Currently, more than 1/3 of all food produced is lost to waste. When food is wasted we also waste water.

How much water does it take to produce one pound of food?

Beef = 1,847 gallons

Lamb = 1,248 gallons

Pork = 718 gallons

Chicken = 518 gallons

Eggs = 395 gallons

Cheese = 381 gallons

Butter = 665 gallons

Milk = 122 gallons

Almonds/Cashews = 1,929 gallons

The Climate Action Group invites everyone to **cut carbon at home, including in our food and beverage choices**. The list of carbon-saving activities and stickers will be at the Climate Action Group table in the commons after each service. Here are some good resources to learn more.

Books:

"Omnivore's Dilemma" Michael Pollen

"Permaculture" Jenni Blackmore

"A New Water Paradigm" Michael Kravcik

"Restoration Agriculture" Mark Shepherd

For children:

"Just a Dream" Chris Van Alsberg

Online:

Ted Talks: "How to Grow Plants Without Water"

"Al Gore's Optimistic Take on Climate Change"

www.gracelinks.org

Sustainable Food Practices:

- Buy only what you need
- Buy from farmers' markets and CSAs
- Buy organic, locally grown, seasonal food; avoid processed food
- Grow some of your food in your yard or join a community garden
- Compost
- Try Meatless Mondays
- Buy only pasture-raised meat, eggs, and dairy products
- Go vegetarian/vegan for one day/week
- Eat less beef, pork, and lamb
- Eat out at restaurants less often
- Eat fewer dairy products
- Drink fewer soft drinks
- Eat seasonal and local fruits and vegetables
- Eat fewer packaged snacks and junk food
- Eat wild fish that are not endangered
- Don't use bottled water, cut down on bottled sodas
- Walk to your local farmers market or grocery store
- Buy local
- Reduce meat intake
- Talk to employer, school about food
- Eat meat-free meals
- Don't waste food
- Save water
- Recycle

Montgomery County Farmers Markets

Bethesda Central Farm Market

7600 Arlington Rd, Bethesda, MD 20814

Opens 10AM Sunday (301) 775-6402

Shady Grove Wednesday Farmers Market

Key West Ave &, Broschart Rd, Rockville, MD 20850

Opens May 15 to September 11 in 2019

301 792-9448

Montgomery Village Farmers Market

9801 Centerway Rd, Montgomery Village, MD 20886

Opens June 1 - Oct 26 Saturdays 9AM - 1PM

(240) 243-2367

Farmers' market in North Bethesda, Maryland

Located in Pike & Rose

Address: 910 Rose Avenue, North Bethesda, MD 20852

Opens 9AM Sat

(301) 775-6402

Rockville Farmers Market

Route 28 & Monroe St, Rockville, MD 20850

Saturdays May 18 - Nov 23 9:00AM - 1:00

(240) 314-8620

Bethesda Farm Women's Market

Bethesda, MD

(301) 652-2291

Lewis Orchards

Dickerson, MD

(301) 349-4101

Open June

Normans Farmers' Market

CSA Farm Share / Delivery / Stands

Rockville, MD Open June

(240) 401-7349

Butler's Orchard Germantown, MD

(301) 428-0444

Open Spring