

# AUGUST SUSTAINABILITY CHALLENGE

## Cleaning Our Air for a Healthier Community

### SUPPORT LOCAL FOOD

While there are many reasons to support buying local food ([see summary here](#)), one main reason includes less “**food miles**” or the distance a food travels from where it’s grown to where it is purchased by the consumer. One report found that produce travels over 1,500 miles ([Food, Fuel, and Freeways](#)). Local food in contrast travels less resulting in fewer emissions and air pollution. In order to support local food, a great place to start is to buy items at [local Farmers Markets](#) ([see list of ones in our region](#)). [Farmaid](#), a nonprofit organization aiming to keep family farmers on the land also has some great resources and [ways to support local food](#).



### EAT LESS MEAT

Meat generally takes more resources to produce than plant-based alternatives and fruits and vegetables, and eating less meat can be beneficial for air quality, the conservation of resources, as well as reduce deforestation (see [Eshel et al 2019](#), [Clark et al. 2019](#)).

If you are new to eating less meat, try one day of the week to eat vegetarian. [Meatless Mondays](#) site has some great resources.

This article offers a [Beginner’s Guide to Eating Less Meat](#).

Want to go further and try vegan while at the same time using pantry items? Here is a great [article full of 49 recipes](#).

There are great options around HSC for eating out. [Torched Apron](#), [Juice Junkies](#), [Samson’s Market Bistro](#) are just a few.

### OTHER AIR & FOOD TIPS

Grow your own food (even if it’s herbs in a window)! If you don’t have space, join a community garden. The HSC Community Garden is right here on campus! Learn more at [unthsc.edu/communitygarden](http://unthsc.edu/communitygarden).

Find resources at the [Tarrant Area Food Bank’s Community Nutrition](#) site. They have information on gardening, cooking, and recipes and host virtual learning workshops.

Fort Worth’s Blue Zones aims to make healthy choices easier, and they have a great article on the [Best Foods to Eat to Reverse the Deadly Effects of Air Pollution](#).

When talking about food and air quality, it’s important to think about how we eat and drink. Use reusables whenever possible to reduce your impact from transportation and use of resources. See [July’s Challenge](#) for more information and tips.