

SEPTEMBER SUSTAINABILITY CHALLENGE

A Partner Challenge

Getting to Know You...

If you do not know your partner, introduce yourselves. Feel free to communicate in whatever manner that works best for you. For week 1, share with your partner something you are grateful for. Include your personal response below (please note, this form is just for you).

I am grateful for: _____

Sustainability Food Tips:

Because food is essential to our lives, there are many opportunities to practice sustainability with it. Here are some tips you can work on this week, but feel free to go beyond this list. Sometime this week, discuss what action you are taking, any other tips, and challenges you experience.

Shopping

- When buying food, look for ways to reduce the packaging such as buying loose apples rather than in a bag. Be sure to use your own reusable bags (wash after each use) and reusable produce bags (like [these](#)).
- Buy local when possible by shopping at [Farmers Markets](#), buying [GO TEXAN](#) products, or finding a CSA.
- Select imperfect fruits and veggies or subscribe to [Imperfect Foods](#) and get a box delivered to you from a local grocery store.

Eating

- When getting takeout, say no to the plastic cutlery and use your own. Go further by getting food from restaurants that do not use styrofoam or use eco-friendly bio-plastics.
- Eat mindfully by choosing sustainably harvested seafood (use [Seafood Watch](#)) or eating less meat. Meat generally takes more resources to produce than plants (start by challenging yourself to eat one meat-free day a week). Here's a [resource to learn more and get additional tips](#).
- Grow some of your own food. No matter where you live or how green your thumb, you can grow something. Using a couple jars, you can grow sprouts or seeds ([learn how](#)) or try growing herbs. If possible, [plant a garden](#) or join the [HSC Community Garden](#). Get connected to what you eat!

Action Taken: _____

Issue or Challenge: _____