



21 TIPS TO HELP YOU



**EAT
SMART,**

MOVE MORE AND

Go Green



21 Tips to Help You *Eat Smart, Move More and Go Green*



Prepare More Meals at Home

1. Buy fewer processed foods. Cook simple meals from fresh ingredients instead of relying on frozen meals or highly processed foods. Visit www.myeatsmartmovemore.com/recipes.html for fresh ideas.
2. Avoid plastic and paper grocery bags. When grocery shopping, use as few plastic or paper bags as possible. Bring your own cloth bags from home. Recycle the plastic and paper grocery bags that you do use.
3. Recycle, recycle, recycle. Recycle all clean aluminum cans, foil and pans, plastic bottles and glass jars. Contact your local government to see what is recyclable in your area.

Tame the Tube

4. Unplug the TV. Appliances still use electricity, unless unplugged. Instead of watching TV, go outside and play or walk with your children or pets.
5. Limit Internet and video game time. Plan a family fun night—ride bikes, bowl, or walk around the block.
6. Eat dinner away from the TV and computer. You may eat less if you pay attention to how you feel as you eat.

Choose to Move More Every Day

7. Walk or bike for trips two miles or fewer. This will lower the amount of pollution in the air, and save money at the gas pump. Walk to the grocery store, the post office or to a local restaurant.
8. Buy used sporting equipment for you and your children and play. Donate good used equipment so that it doesn't end up in the landfill.

9. Volunteer to clean a local highway, park or stream. Plant trees, garden, or glean crops for hunger organizations.

Right-Size Your Portions

10. Buy food in bulk. This reduces the amount of trash you throw away. Portion single servings into reusable containers.
11. Compost fruits and vegetables. Compost makes great fertilizer, and helps reduce food waste in landfills. Visit www.p2pays.org/compost to learn more.
12. Plan your meals ahead of time and purchase only the amount of food you plan to eat. If you find yourself throwing food away each month, buy less.



We all know that eating smart and moving more is good for our health; however, we care about the environment, too. Here are some tips to help you eat smart, move more, and be environmentally friendly at the same time!

Re-Think Your Drink

13. Avoid plastic cups and bottles. These take about 500 years to degrade in a landfill. Use reusable containers when you drink water, milk or 100% fruit juice.
14. Recycle if you have to use plastic bottles or aluminum cans. Find out what, how and where to recycle by visiting www.earth911.org/recycling/.



15. Conserve water. Don't let the water run, waiting for it to get cold. Fill a pitcher and put it in the fridge so you will always have cold water.



Enjoy More Fruits and Vegetables

16. Buy locally grown produce from farmer's markets. Local food is fresher and tastes better than food shipped long distances. To find a farmer's market in your area, visit www.ncfarmfresh.com/farmmarkets.asp.
17. Grow your own vegetable or herb garden. To learn more, visit www.ces.ncsu.edu/depts/hort/hil/ag-06.html and www.ces.ncsu.edu/depts/hort/garden/CommunityGarden/
18. Explore organic. There are many organic fruits and vegetables available. To learn more, visit www.eenorthcarolina.org/consumer.htm.

Breastfeed Your Baby

19. Use reusable glass or hard plastic containers instead of heavy-duty plastic bags to store expressed breastmilk. For more information on storing breastmilk, visit www.womenshealth.gov/breastfeeding/index.cfm?page=237.
20. Buy safe reusable bottles labeled #1, #2, #4, #5, bisphenol-A (BPA)-free or phthalate-free. Plastic bottles labeled with a #3, #6 or #7 have chemicals that some scientists think could be harmful.¹
21. Buy cloth instead of disposable nursing pads. Cloth nursing pads can be tossed in the washing machine and used again.

1. The North Carolina Office of Environmental Education. Eco-Smart Parent Guide. Available from http://www.eenorthcarolina.org/parents/eco-smart_parent_guide.pdf.





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