

LOWER YOUR FOOD PRINT

- ★ **EAT LOW ON THE FOOD CHAIN**
Commit to eating meatless meals one or two days a week.
- ★ **EAT LOCAL** Shop at farmer's markets; look for signs at your supermarket for Midwest produce or ask your grocer.
- ★ **SEASONAL** Use this guide to choose foods that are in season.
- ★ **LESS PROCESSED & PACKAGED** Shop the produce and bulk foods sections first before hitting the packaged goods aisles.
- ★ **ORGANIC** Choose the top most important organic foods to buy; apples, corn, rice, milk, strawberries, broccoli.
- ★ **RECYCLE & COMPOST** Look for foods that have recyclable packaging (and recycle them!). Turn your food scraps into soil by composting.
- ★ **HOME GROWN FOOD** Start a vegetable garden! Consider canning, freezing and drying your abundant produce.

THE AVERAGE MEAT-EATER'S CO₂e



For low carbon recipes and to learn more about your Carbon Food Print go to **doitgreen.org**.

CO₂e = Includes impact of all greenhouse gasses.

Agricultural production (mostly meat)

Processing

Transportation

Cooking

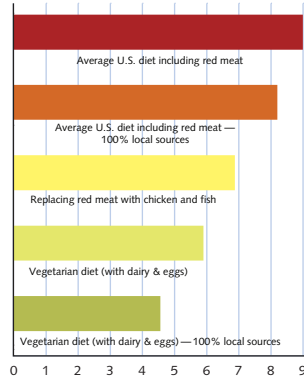
Refrigeration

Packaging and food waste

Food shopping

YOUR CARBON FOOD PRINT

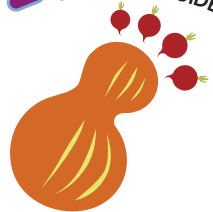
Choice of household diet



Average U.S. household contribution of CO₂e from food, in metric tonnes per year

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LOW CARBON
food print[™]
SHOPPING GUIDE



MINNESOTA/MIDWEST

www.doitgreen.org



MINNESOTA/MIDWEST guide

SPRING

(April–early June)



Fruits:

Strawberries Rhubarb

Vegetables:

Arugula	Mustard
Asparagus	greens, baby
Beet greens	Peas
Chard, baby	Radishes
Dandelion	Rhubarb
greens	Romaine
Green onions	Scallions
Lettuce	Sorrel greens
Mushrooms,	Spinach
wild	Sprouts

SHOPPING TIPS: Choose local, organic, seasonal and less packaged fruits and vegetables when possible.

SUMMER

(June–August)



Fruits:

Blueberries	Pears
Chokecherries	Plums
Currants	Raspberries
Gooseberries	Sour (pie)
Juneberries	cherries
Melons	Strawberries
Peaches	Sweet cherries

Vegetables:

Beets	Green Beans
Broccoli	Kale
Cabbage	Lettuce
Carrots	Mustard greens
Cauliflower	Onions
Celery	Peppers
Chard	Potatoes, baby
Collard greens	Radicchio greens
Cucumbers	Spinach
Eggplants	Summer Squash
Endive greens	Sweet Corn
Fennel	Tomatoes
	Zucchini

When Shopping Consider: Local ✿ Seasonal ✿ Less Packaging ✿ Organic Recyclable ✿ Low on Food Chain ✿ Try growing your own food!

FALL/STORAGE

(September–October)



Fruits:

Apples	Pears
Crabapples	Plums
Elderberries	Raspberries
Melons (all types)	Wild Grapes

Vegetables:

Arugula greens	Peppers
Beets	Potatoes
Broccoli	Pumpkins
Brussels-sprouts	Radishes
Cabbage	Romaine lettuce
Carrots	Rutabaga turnip
Celeriac root	Shallots
Chard	Turnips
Collard greens	Watercress
Fennel	Winter squash;
Kale	Butternut,
Lettuce	Delicata,
Mustard greens	Acorn, Pie
Onions	pumpkins

YEAR-ROUND



Fruits:

Kale	Potatoes
Beets	Leeks
Cabbage	Shallots
Carrots	Mushrooms
Garlic	Turnips
	Winter
	squash

Other:

Grains	Meat, fish, eggs
Tree nuts	Jams, jellies,
Dairy products	pickles
Wild rice	Indoor herb
Syrups, honey	garden

NOTE: These foods require storage in winter months.

SHOPPING TIPS: Choose local, organic, and humanely raised meat, egg, and dairy products. Replace farm-raised with freshly hunted or fished meats. Choose dolphin safe and sustainably harvested seafood.