**Food & Water**

How we grow, harvest, preserve and transport food has an enormous impact on our carbon footprint. Currently one-third and more of all food produced is lost to waste. When food is wasted we also waste water. For example, the waste of one head of broccoli also wastes 5.5 gallons of imbedded water. There are fantastic solutions becoming available to turn this story around. To learn more check with your librarian and bookstore as well as online. We've included a few possibilities below.

**Books:**  
"The Carbon Farming Solution" Eric Toensmeier   
"Geotherapy" Thomas J. Goreal   
"Permaculture" Jenni Blackmore   
"A New Water Paradigm" Michael Kravcik   
"Restoration Agriculture" Mark Shepherd

**For children**

“Just a Dream” Chris Van Alsberg

***On Line***  
Ted Talks: "How to Grow Plants Without Water"   
"Al Gore's Optimistic Take on Climate Change"  
www.gracelinks.org  
www.singingfrogsfarm.com   
www.bio4climate.org/conferences

"Biodiversity for a livable climate"  
"Restoring ecosystems to reverse global warming"  
"Home Gardens"  
"Water and Chesapeake Bay"

http://www.ecochallenge.org/about\_the\_challenge/choose\_your\_ecochallenge/water\_conservation/

http://www.locavores.com/

http://www.unwater.org/worldwaterday/

http://www.earthday.org/take-action/footprint-calculator/

**How to Huff & Puff & Shrink the Big, Black, Scary Carbon Footprint:**

***Sustainable Food Choices:***

* 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
* Learn to compost any scraps
* Help start a schoolyard garden
* Join a Meatless Monday Movement
* Buy only pasture-raised meat, egg and dairy products
* Go vegetarian/vegan for a day, a week, every-other-day, for life or for as long as you wish. It all helps.

***Sustainable Water Choices:***

* Add low-flow faucets, shower heads and toilets
* Turn off running water
* Take short showers
* Wash full loads of dishes and laundry.
* Don't hand wash dishes
* Grow long-root grass, http://www.pearlspremium.com/
* Plant a butterfly garden with native plants
* Use a tub, not the hose, to limit water use when washing   
  the car
* Install filters or use filtering pitchers to avoid buying bottled water
* Cook with minimum water or use cooking water in soup and stew
* http://www.uusc.org/updates/flint-water-crisis-not-new-not-only-flint-not-going-away