Food and Sustainability: Individual Actions

Collected by Melea Press, assistant professor in marketing and sustainable business practices with the Department of Management and Marketing at the University of Wyoming

1. Eat food with less packaging.
2. Eat fewer dairy products
3. Drink fewer soft drinks
4. Drink less bottled water
5. Eat wild fish that are not endangered
6. Buy bulk foods when possible, and buy foods in bulk
7. Eat fresh foods (canning and freezing takes energy)
8. Eat vegetarian sometimes.
9. Recycle packaging when you can
10. Compost – it keeps materials out of the landfill, and transforms garbage into nutritious soil, reducing our need for chemical fertilizers
11. Reuse bags when you can
12. Shop at the farmers market when it is available to you; Eat seasonal and local fruits and vegetables
13. Have a garden; start small
14. Bring your own reusable shopping bags
15. Save some local produce for winter (can or freeze, start small)
16. Start a potluck group
17. Start a local food group
18. Get involved in local politics – food is political
19. Get to know your food sources, and resources (farmers, neighbors, websites)
20. Eat out less often
21. Walk, ride your bike, take public transportation, or carpool when you can
22. Thaw food on the counter or in the fridge, rather than in the microwave
23. When you upgrade, buy an energy efficient refrigerator
24. When running errands; try to combine trips

Do what works for you – there are no rules. Each small action matters.