

Sustainability: How to follow Sustainable Diet

Participant Workbook

V 2.1.2

Welcome and Introduction

How do you define a sustainable diet?

Icebreaker (in Pairs)

What are two challenges that you've faced when trying to maintain a sustainable diet?

Have you succeeded in resolving those challenges? If so, how?

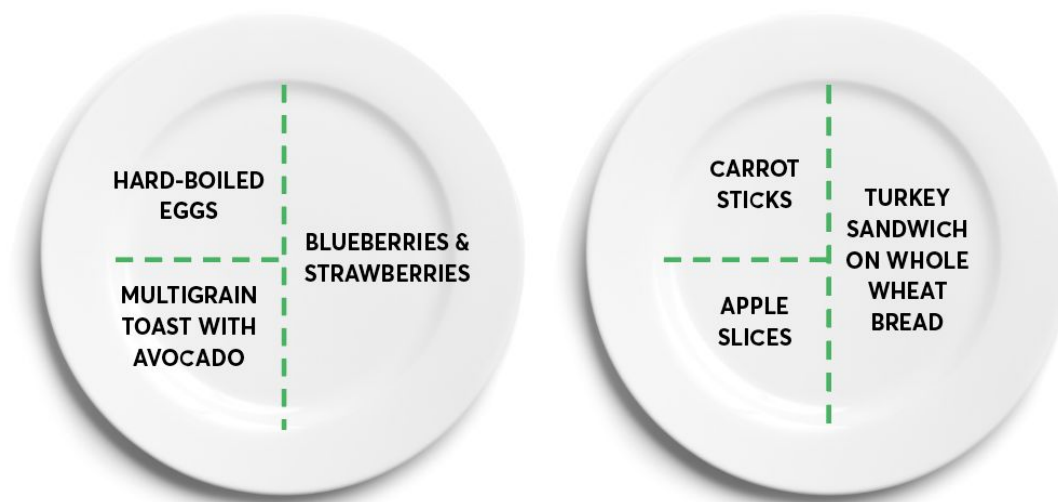
Additional Notes:

Activity 1: Eat More Plants

Think about your last breakfast, lunch, or dinner, and write or draw what that meal looked like below.



Sample Meal Plate Portions



☐ A Great Plant-Based Day

- **Breakfast:** avocado toast (two slices whole-grain bread, mashed avocado, red-pepper flakes, sea salt); coffee with coconut-milk creamer.
- **Lunch:** quinoa tabbouleh with chickpeas (cooked quinoa, chopped tomatoes, chopped cucumber, chopped parsley, olive oil, lemon juice, black olives, garbanzo beans).
- **Snack:** one fruit-and-nuts bar (200 or fewer calories), such as Kind Plus Cranberry Almond, which earned top scores in Consumer Reports' snack bar tests.
- **Dinner:** black-bean tacos (corn tortillas, black beans, roasted cauliflower, jarred corn salsa, pico de gallo, cumin, salad greens).
- **Dessert:** frozen banana "ice cream" (blend a frozen banana in a blender with a touch of almond milk until it resembles soft serve), topped with chopped walnuts.

What are some other ways you have incorporated more plants into your diet and/or reduced the amount of meat you eat a day?

Activity: Organic vs. Conventional

<p>Produce Item:</p> <p>Conventional Price:</p> <p>Organic Price?</p>	<p>Produce Item:</p> <p>Conventional Price:</p> <p>Organic Price?</p>
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Key Takeaways

- In one study, those who said they often or always ate organic produce had about 50 percent lower levels of breakdown products of highly toxic pesticides in their bodies than those who rarely or never ate organic produce. Even those who only sometimes ate organic produce had levels as much as 35 percent lower.
- Organic and natural are not always the same.
- 2 million Americans become ill with antibiotic-resistant infections every year. Twenty percent of them are made sick by their food.
- A healthy serving of meat is 3½ to 4 ounces cooked. An 8-ounce steak that would typically serve one can serve two.
- Organic produce is often on sale. Sometimes you can swap out similar foods. If strawberries are not available or are too expensive, consider buying blueberries to work into the meals you plan to make.
- Some fruits and vegetables are known to have higher pesticide residue than others. Consumer Reports recommends choosing organic for fruits and vegetables that fall into that category. These include:
 - Carrots, cranberries, green beans, hHot peppers, nectarines, peaches, tangerines, strawberries, sweet bell peppers, and sweet potatoes.

Activity 2: Would You Trust This Label?

Label #1	Label #2
Label #3	Label #4
Label #5	Label Notes:

☐ **Resource:**

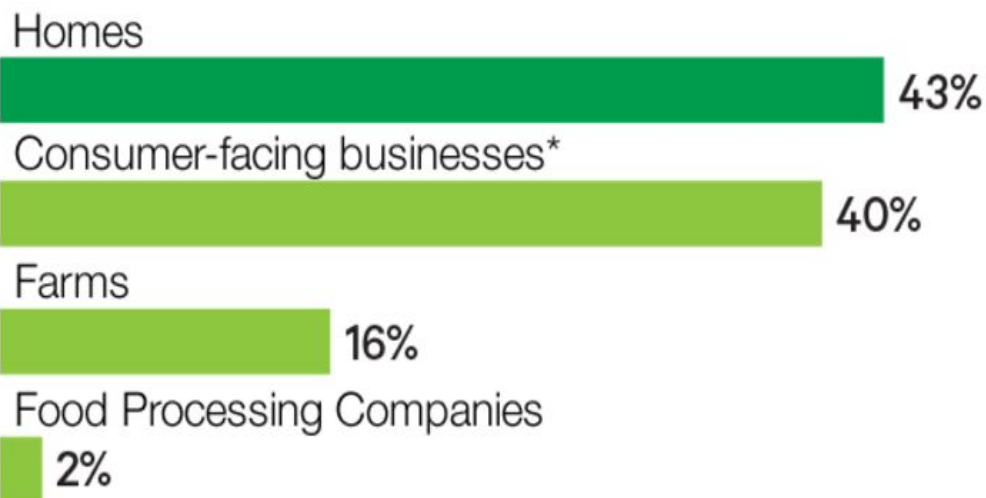
- Consumer Reports has a food labels ranking system, which you can find at [CR.org/food-labels/seals-and-claims](https://www.consumerreports.org/food-labels/seals-and-claims)
- Some of the more trusted labels in Consumer Reports' rankings can be found here:

LABEL NAME	LABEL PICTURE
USDA Organic	
USDA Process Verified	
Animal Welfare Approved	
Global Animal Partnership	
American Grassfed	
Non-GMO Project Verified	
PCO Certified 100% Grassfed	
Certified Grassfed by AGW	
NOFA-NY Certified 100% Grassfed	

Activity 3: Going Local and Preventing Food Waste

Which farmers markets or CSAs (Community Supported Agriculture programs) might you want to check out?

Who Wastes the Most Food in the U.S.?



*Supermarkets, restaurants, institutional and food services, and government.

□ 12 Ways to Fight Food Waste

1. **Use broccoli stalks.** Peel and thinly slice them into coin-shaped rounds. Sauté them as you would other vegetables, or add to soup or pasta dishes. You can also purée the cooked stems and mix with broth for a broccoli soup. The leaves are edible, too. Use in sautés alone or with other greens.
2. **Cook slightly wilted lettuce.** If your lettuce greens are too limp to serve raw, sauté them briefly in a little butter or olive oil and garlic and eat them like spinach.
3. **Save the tops.** Beet and turnip greens are nutritious and perfectly edible. Cook them the way you would spinach. Celery leaves can be used as an herb. Try them in place of parsley in grain dishes or to make a pesto that you can use as a sandwich spread.
4. **Perk up wilted celery and carrots.** Soaking in ice water will restore crispness so you can use them in your recipes. (This technique works for herbs and lettuce, too.)
5. **Don't reject ugly fruit.** Fruit that has gone too soft (but not moldy) can be tossed into smoothies or can be cooked in a little sugar to create a topping for oatmeal or yogurt.
6. **Toast up stale bread.** Day-old bread makes great toast, or cube it and toss with vegetables and dressing for a panzanella-style salad. You can also grind it in a food processor to make breadcrumbs that can be used to top pasta dishes or soups, or as a coating for chicken, fish, or pork.
7. **Roast squash seeds.** If you like pumpkin seeds, you'll find the seeds from a butternut or acorn squash to be just as tasty. Toss in olive oil, sprinkle with salt, and roast in the oven for a healthy snack.
8. **Question expiration dates.** Most consumers don't realize that these dates are set by food manufacturers and are about quality, not food safety or nutritional loss. Expiration dates are often conservative, and you might not notice a difference in quality if you exceed them (especially if the expiration date was recent).
9. **Know yourself.** Track what you throw out and why, then adjust your shopping and cooking habits accordingly to minimize waste.

10. **Plan a catch-up meal.** Pick one night a week when you will only eat the food that is already in your fridge. Place whatever needs to be eaten first in the front of your fridge to keep it in mind.
11. **Mix it up.** Don't be afraid to experiment with eclectic ingredients. Got an open jar of salsa and some extra chicken broth? You can turn that combo into the base for a tortilla soup.
12. **Befriend your freezer.** Some unexpected foods do well in the freezer, including milk, bread, cheese, and raw eggs if you crack and beat them lightly first. You can also freeze most vegetables after blanching them.

Conclusion

Final thoughts. What have you learned? What will you take away?

Make a commitment to change your diet in some way now!

Set a date and time that you will check back in on yourself and see how you've done.

Date:

Time:

Additional Notes:

Volunteer Interest

Would you be interested in presenting a workshop similar to this one in your community, to your family, and/or your friends if given training and CR staff guidance?

☐ YES ☐ NO

If you answered **YES**, please fill out your contact information below, so someone from CR can follow up with you.

Name	
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