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### Food: Is it safe?

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#### Conclusion:

Our food choices have a big impact on our world. Some food production processes deplete natural resources and pollute our air and water. Others work within natural systems to provide healthy food without damaging our environment.

#### A few tips:

- Choose at least one day a week to eat meat-free meals in your household. Given the wealth of fresh vegetables, grains, and dairy products in the marketplace, it is not difficult to make an interesting vegetarian meal. Buy local produce as much as possible. Organic is a good choice as well.
- Choose free-range, antibiotic-free chicken and pork, and grass and grain-fed beef from family farms. Organic meat is another healthy and environmentally sensible choice. Butchers at specialty stores and local meat stores can be quite informative about their products.
- Choose fish wisely. Buy wild salmon and choose other fish that are not over-exploited or heavily contaminated. These are your best choices for your health, for marine environments and for coastal communities.



David Suzuki

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