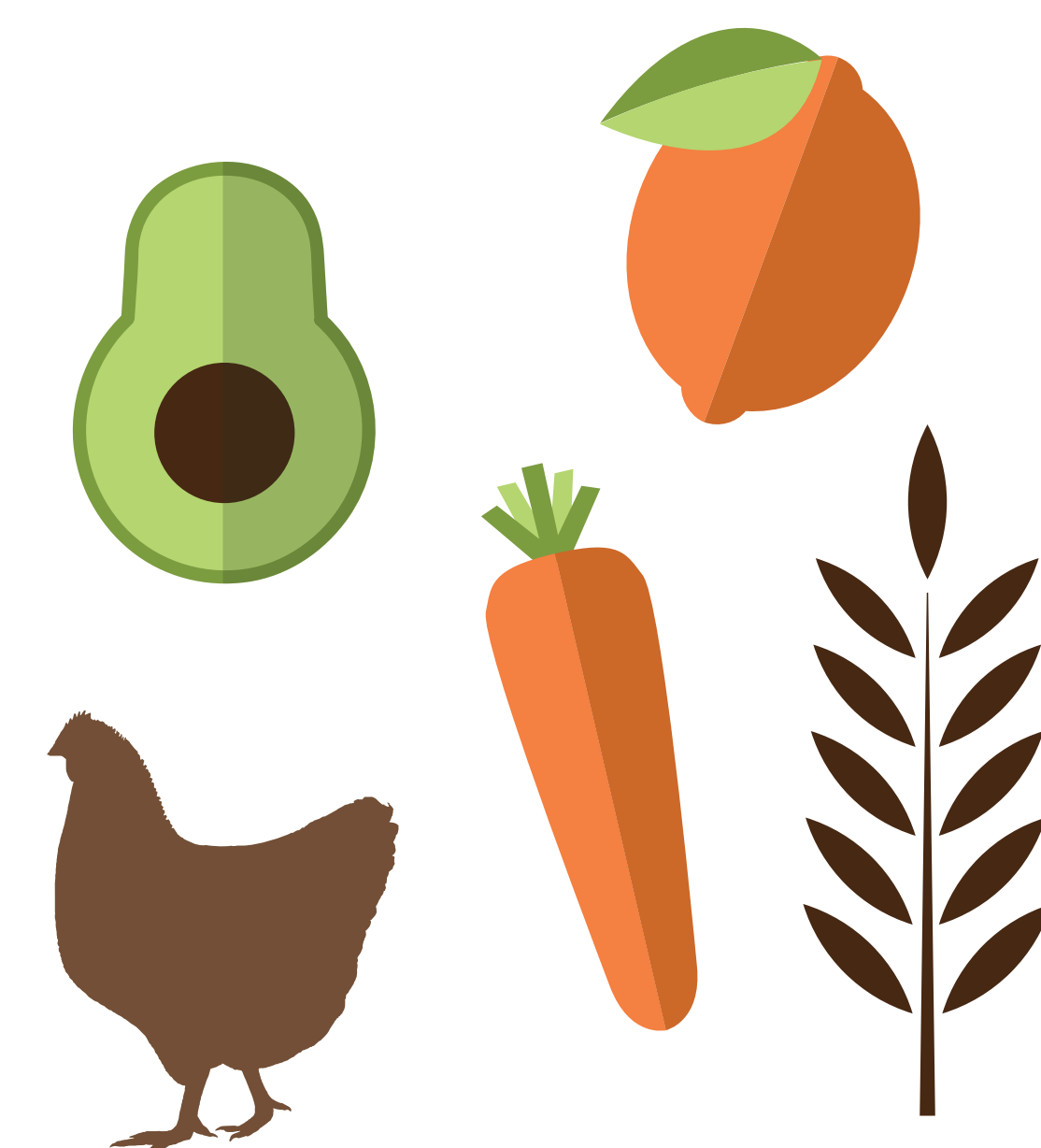


# QUICK GUIDE TO MINDFUL FOOD SHOPPING CHOICES

FOR YOUR HEALTH & THE EARTH'S



**IF...**

**THEN...**

you do not want **GMOs** in your food...

buy organic

you want to reduce your personal **exposure to pesticide** residues...

buy organic generally or at least buy “the dirty dozen” organically

you want the **most nutritious** versions of produce...

buy locally and seasonally

you want the **highest quality, most delicious produce**...

buy locally and seasonally

you worry about the **working conditions** of migrant farm laborers...

buy locally

you want to help **conserve biodiversity**...

cut out or cut back on dairy & meat (shift from Beef to Pork to Poultry)

you want to **reduce your carbon footprint**...

cut out or cut back on dairy & meat (shift from beef to pork to poultry)

you want to **reduce land use** for agriculture...

cut out or cut back on dairy & meat (shift from beef to pork to poultry)

you want **generally nutritious** food at the **best price**...

buy conventional produce and cook (this is better than eating processed organic food)

you want **off-season produce**...

buy conventional produce (there are many fraudulent organic imports)