

Throughout the year Get Energized will continue to offer you new ways to reduce your carbon footprint—don't miss out! Check back to our resources pages regularly to see what more you can do to Get Energized.

Eating local pledge items:

1. When given the option, I will choose locally-grown food.¹
2. I will purchase at least 25% of my food a week from a farmers market or other local source.²
3. I will eat one completely local meal a week.³
4. I will eat meat one less meal a week.⁴

¹ Food grown with a 100 mile radius of your home is considered local.

² When the average North American sits down to eat; each ingredient has typically traveled at least 1,500 miles. <http://100milediet.org/category/about/>

³ If every U.S. citizen ate just one meal a week composed of locally and organically raised meats and produce, we would reduce our country's oil consumption by over 1.1 million barrels of oil every week. Barbara Kingsolver, with Steven L. Hopp and Camille Kingsolver, *Animal Vegetable Miracle* pg. 5

⁴ According to Environmental Defense, if every American skipped one meal of chicken per week and substituted vegetables and grains the carbon dioxide savings would be the same as taking more than half a million cars off of U.S. roads. If every American had one meat-free meal per week, it would be the same as taking more than 5 million cars off our roads. Having one meat-free day per week would be the same as taking 8 million cars off American roads. <http://www.edf.org/article.cfm?contentid=6604>