



# Campus Beautification Club



**11 EATING TIPS TO REDUCE YOUR FOOD FOOTPRINT**

- EAT MORE WHOLE FOODS**  
THINK APPLES, NOT FRUIT-FLAVORED ROLL-UPS
- EAT HIGH-NUTRIENT FOODS**  
DEVOTE RESOURCES TO NUTRIENT-DENSE FOODS
- EAT JUST ENOUGH**  
AVOID OVEREATING AND THROWAWAY MINDSET
- EAT SEASONALLY**  
IN-SEASON FOODS TRAVEL FEWER MILES
- EAT PRESERVED FOODS**  
PRESERVED FOODS ARE BEST DURING OFF-SEASON
- EAT ORGANIC**  
ORGANIC FARMING SUPPORTS SUSTAINABLE PRACTICES
- EAT NATURE'S PACKAGING**  
FOOD PACKAGING FILLS UP LANDFILLS
- EAT ROOT TO STEM**  
REDUCE HOUSEHOLD FOOD WASTE
- EAT SMART**  
PLAN MEALS AND REDUCE SHOPPING TRIPS
- EAT MORE PLANTS**  
PLANT-BASED DIETS HAVE A LOWER ECO-IMPACT
- EAT REALLY LOCAL**  
GROW SOME OF YOUR OWN FOOD

READ MORE AT [HTTPS://BIT.LY/2RM2A0F](https://bit.ly/2RM2A0F)

*Sharon Palmer*  
THE PLANT-POWERED DIETITIAN



Do you think Edward Waters College is as **beautiful** as it could possibly be?

Are you willing to **DO** something about it?

The CBC will be taking on sustainable beautification projects around campus:

- \* planting native plants, flowers, and grasses
- \* erecting environmentally friendly EWC signage and school-themed public works
- \* eating healthy and nutritious breakfasts; cultivating good eating habits

Come be a part of a positive, active, activist, active-lifestyle, always-accountable, all-accepting, all-welcoming space that you can take pride in

