Sustainable Food Habits
How to: Responsibly Shop for and Dispose of Food in Fort Collins
Sustainable Food Habits

Key Principles of Sustainable Food Habits
Food waste, single use plastic usage, pollution, and depletion of natural resources are just some of the issues that arise from food production. However, sustainable eating and shopping habits are as easy as you make them. In fact, there are several small and simple tasks that you can take when it comes to buying groceries, meal prepping, or cooking at home. Some of the biggest takeaways we got from sustainable science regarding food include: sticking to locally grown foods, shopping for produce that’s in season, going for grass fed, and using your food scraps to cook. Also, cooking at home is one of the key recommendations in food policy today. In addition, it is important to stay intentional about where your food comes from.

Virtual Resources for Sustainable Food Habits
5 tips for sustainable eating: https://www.hsph.harvard.edu/nutritionsource/2015/06/17/5-tips-for-sustainable-eating/
Magic Fridge- gives recipes that can be created with what you already have in your fridge/pantry: https://www.frigomagic.com/en/
Calculate your footprint: https://my.impactree.com/t/FrnBOWnLjXCFVVeEya8?gc=sustainability&gclid=CjwKCAjw682TBhATEiwA9cr13yIB3f9T68o5sfN8CLuoST3wzyvbdM4nNcSSpX9d4Q6NdnbH9h3ANBoCaegQAvD_BwE

Local Fort Collins Area Resources for Sustainable Food Habits
Farmers Markets for Locally Sourced Food
Fort Collins Farmers Market: https://www.fortcollinsfarmersmarket.org/
Larimer County Farmers Market: https://lcfm.extension.colostate.edu/
Fort Collins Winter Farmers Market: https://focomarket.org/
Lucky’s Market (Locally owned grocer): https://www.luckysmarket.com/
Mountain Avenue Market (Food Co-op): https://www.fcfood.coop/
Rams Against Hunger: https://lsc.colostate.edu/slice/community-engagement/rams-against-hunger/
Vindeket Market: https://www.vindeketfoods.org/ Nonprofit that rescues food to reduce food waste in Fort Collins

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