

Green Design Challenge

Earth-Friendly Eating

Fact: In 1990, Congress passed “The Farm Bill,” which defined sustainable agriculture. **Sustainable** means that you can keep something going for as long as you need. The Farm Bill included guidelines to keep our farms and earth healthy for future generations.

You can help keep our farms and earth healthy by making smart food choices. Read about some ways you can help. Then use the worksheet to create an earth-friendly meal.



Choose Local Fruits and Vegetables

In-season fruits and vegetables from nearby farmers markets don't have to travel far to your table, so less fossil fuels are used. **Fossil fuels** are oil, coal, and natural gas. These fuels are not **renewable**, which means one day they will run out. They also contribute to dangerous global warming.

Eat Less Meat

Raising cattle uses a lot of resources and causes a significant amount of **greenhouse gas emissions**. These gasses trap energy from the sun and make the earth warm. But too much of these gasses can lead to global warming and climate change.



Buy Less Packaged and Convenience Foods

Food that has a lot of plastic wrapping or cardboard boxes creates more waste. Convenience foods such as fast food, meals made in stores, and candy often use the most packaging. Avoiding these foods can help reduce waste.

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Create an Earth-Friendly Menu

Step 1: Decide if your meal will be breakfast, lunch, or dinner.

Step 2: Make sure your meal:

- uses ingredients that are in-season
- uses very few pre-prepared convenience foods
- is delicious and nutritious
- can be made by a kid!



Step 3: Use the space below to list ideas for your Earth-friendly menu.

Share your work online. Tag us @EMKInstitute and use the hashtags #Civicsathome #EarthDay2020