

SUSTAINABILITY

EATING FOR THE EARTH

There is a beautiful, synergistic relationship between our health and that of the earth; often what is better for our health is better for the planet. Here are a few ways we can reduce our environmental impact through food choices.

EAT LESS BEEF.

You don't have to omit beef from your diet altogether, but reducing the amount you eat can make a difference. Methane emissions from cows are one of the biggest contributors to greenhouse gasses. Opt for more sustainable proteins like poultry or sustainable seafood options, or enjoy a "blended burger" with lots of veggies!

EAT MORE BEANS.

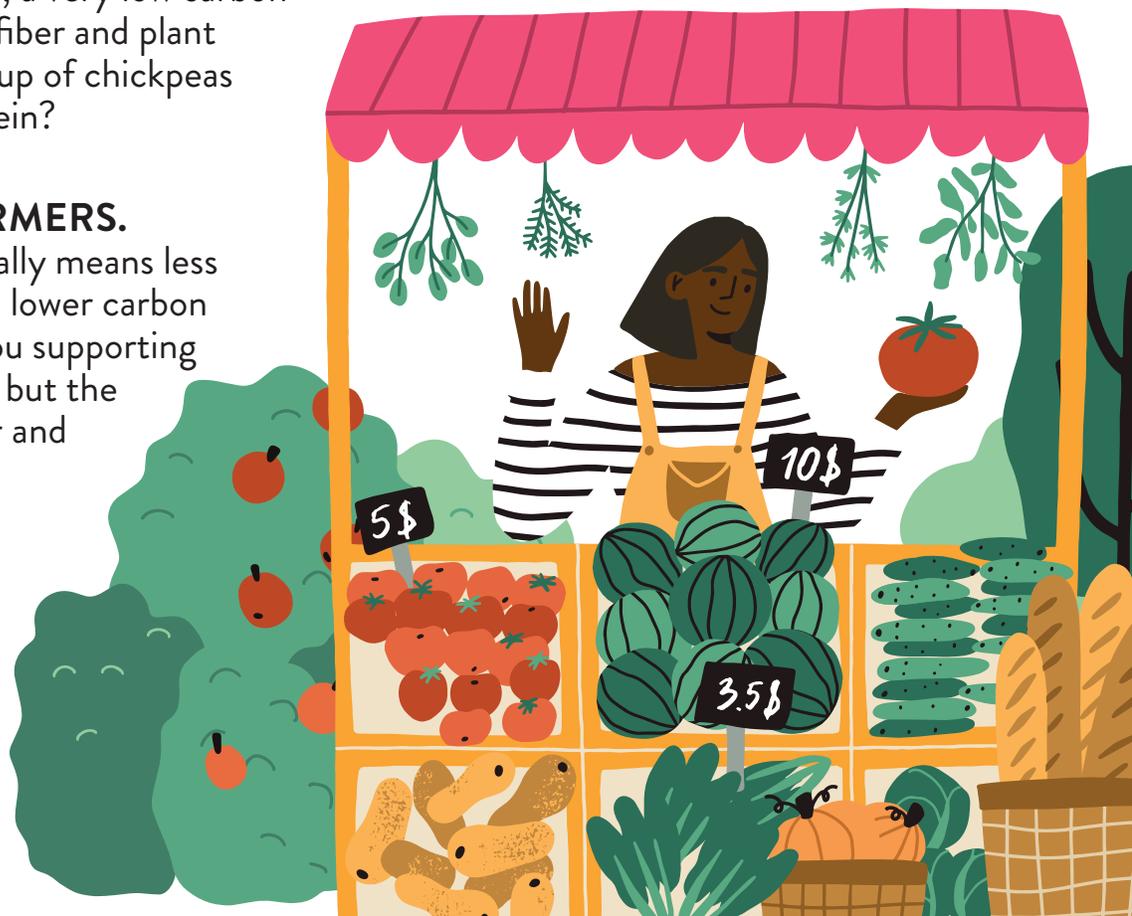
Beans have it all - an abundance of vitamins, minerals, and antioxidants; a very low carbon footprint; tons of soluble fiber and plant protein! Did you know 1 cup of chickpeas provides 14 grams of protein?

SUPPORT LOCAL FARMERS.

Food that is produced locally means less travel time which means a lower carbon footprint! Not only are you supporting someone's small business, but the food will also taste fresher and retain more vitamins and minerals.

BUY FROM COMPANIES THAT SUPPORT REGENERATIVE FARMING.

In short, regenerative farming consists of crop rotation to sustain and restore soil. This farming practice yields nutrient dense soil and reduces carbon emissions, while also providing you with nutritious, delicious produce.



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