CLIMATE CHANGE & YOUR FOOD

Making and delivering processed and non-local foods creates more climate pollution.

Climate pollution makes the world warmer and changes our climate.
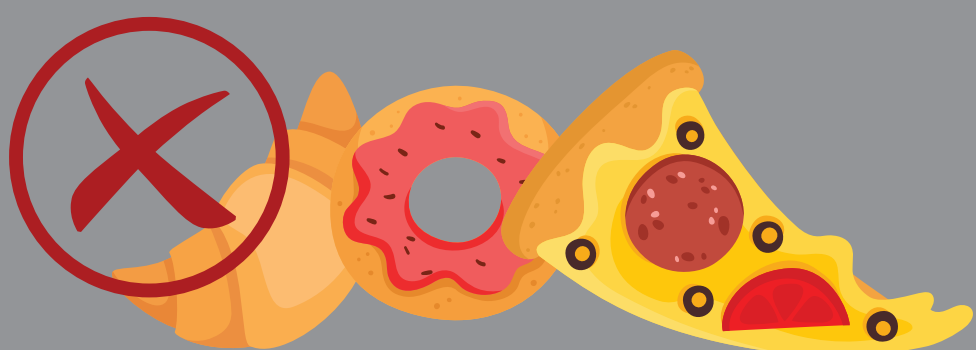
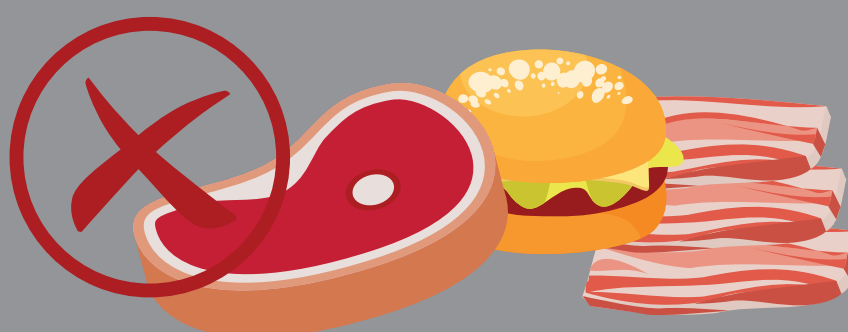Climate change makes food more expensive by harming crops, animals and fish.

Cows raised for beef and dairy make methane gas—a climate pollutant—when they burp and fart.

When food prices rise, it's more tempting to buy cheaper, processed, unhealthy foods.

Processed food high in sugars, salts and bad fats can increase obesity, diabetes and heart disease

Red meat is high in bad fats and can increase the risk of heart disease

Local fruits & vegetables are healthy food choices with important nutrients

You can take action today to make sure we have a healthy planet with healthy places for healthy people!

Healthy YOU

Healthy PLACES

Healthy PLANET

· Eat more fruits and vegetables

· Eat less red meat and fewer processed foods

· Find out how you can be energy efficient or buy clean energy, like wind or solar

· Shop Local: Ask your local officials to bring farmer's markets and community gardens to your neighborhood

· Ask for farmer's markets to accept nutrition assistance, like WIC and SNAP/food stamps

· Ask your local officials to move your community to clean energy now

· Vote for elected leaders that will act to cut climate pollution

· Join local efforts to fight climate pollution

To learn more and take action, visit:
www.climatehealthconnect.org/takeaction

Center for Climate Change & Health

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