



Make the Pittsburgh Region Even Cooler in August 2010:

Eat Less Meat

Shop Local

Buy Organic

- **Have one meatless day per week**

Growing animals for food produces nearly 1/5 (about 18 percent) of the world's global warming pollution, according to a report from the UN's Food and Agriculture Organization. This pollution come from the energy used to grow corn feed for livestock as well as from the gases produced by the digestive systems of cattle. By limiting meat, especially beef, you can help slow global climate change – Having just one meatless day per week can save over 718 pounds of heat-trapping gasses in a single year. That's the same savings as not using 38 gallons of gasoline. More meatless days = greater pollution savings.

- **Shop local**

A typical carrot has to travel 1,838 miles to reach your dinner table (and boy, are its arms tired, ba dum). Food in the average meal in the United States travels 1,200 miles from the farm to your plate. But buying locally makes a big difference - the average local meal travels only 200 miles. Shop at our region's farmers market or go right to the farm. One day a week of local eating can save an astounding 6,000 pounds of global warming pollution per year.

Here are some great websites for buying local:

- Buy Local Pennsylvania - <http://www.buylocalpa.org/>
- Pennsylvania Association for Sustainable Agriculture - <http://www.pasafarming.org/>
- Citiparks Farmers' Markets - http://www.city.pittsburgh.pa.us/parks/farmers_market.htm

- **Buy Organic**

The National Resources Defense Council says that by “eliminating massive quantities of toxic pesticides and synthetic fertilizers used in conventional farming, organic methods help protect the health of our air, water and soil. Another benefit of organic food is that it does not add to the problem of antibiotic resistance – which makes antibiotics ineffective for treating illness – because antibiotic use in organically-raised animals is not allowed.” Combine your organic shopping habit with the local farm stand and you have a recipe for greater impact.

And organic food has become price competitive, so if you were worried about sticker shock then it's time to give organic a second chance. There are many places to buy organic food in Pittsburgh, and one, the East End Food Co-op - <http://www.eastendfoodcoop.com/>, is a *Black and Gold City Goes Green* community partner.

- **Track your progress**

Visit www.theblackandgoldcitygoesgreen.com and report your actions so we can measure how much we're all cutting heat-trapping gases. No computer? No problem. Call us at 412-258-6680 or fill in one of the postcards available throughout the city.