

What's Good for Health is Good for Climate

We care about healthy living in the Capital Region. OutsideIn means that the outside environment (climate) affects us on the inside (health). That is why we are concerned about climate change. Now is the time to come together as a community and talk about how hotter temperatures, drought risks and other climate change impacts are affecting our well-being. The good news is that many actions that help reduce climate impacts also improve the health of our families and community.



Choose Healthy Climate-Friendly Food

What we choose to eat every day matters for our health and the climate. A diet rich in fresh vegetables and fruits can help our climate while helping us by preventing diabetes, obesity, heart disease, cancer, and hunger — real community health issues across the Capital Region.

Our region is home to many farmers and farmers markets that offer fresh and nourishing food and savings for people who use Cal Fresh/EBT and WIC. A climate-friendly food system uses less energy to grow and transport food from the farm to our fork. Choose local, seasonal fresh foods and reduce food waste to be healthy and climate friendly.



What you can do:

- Shop locally and with the seasons at farmers markets. Find your local markets: <http://ecologycenter.org/fmfinder>.
- Eat less beef, dairy, and other red meat for a healthy heart and climate; choose fish, pork and poultry, or plant-based proteins instead.
- Check your pantry and refrigerator before shopping to reduce food waste. Compost at home and enrich your garden while reducing food waste sent to landfills.
- Visit the EPA website to learn how to start composting.
- Donate extra food, before spoilage, to local food banks to help others.
- Join local groups and efforts that promote healthy foods in schools and support local farmers ([Climate Healthy menus](http://ClimateHealthyMenus)).



Grow your own vegetables and fruits in a backyard or community garden. Visit communitygarden.org to find one near you.