



HARVARD
FOOD
SYSTEMS
INITIATIVE

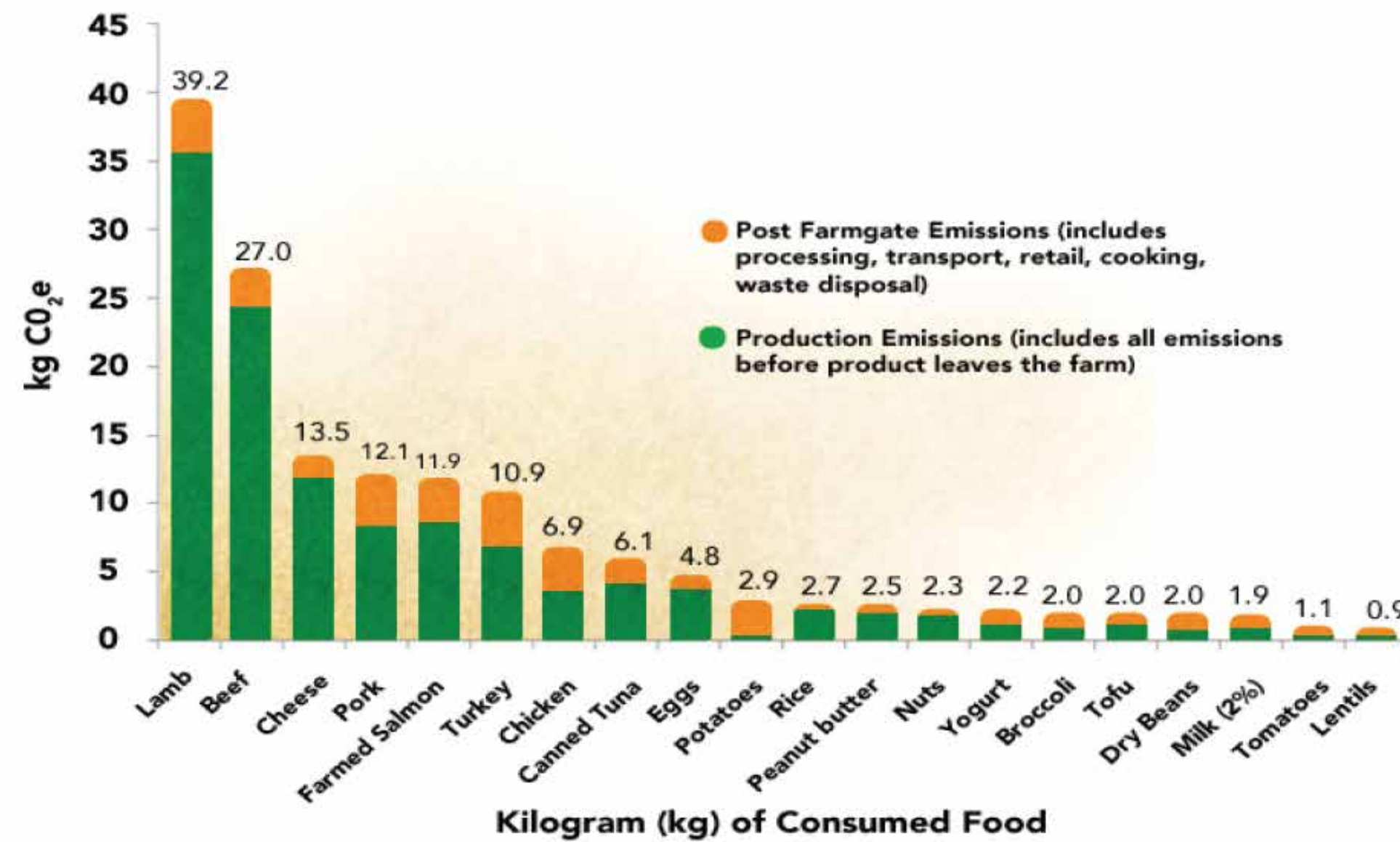
WHAT IS HFSI?

The Harvard Food Systems Initiative (HFSI) is an educational and experiential program to inspire elevated thinking and change to shape future food systems leaders for a more sustainable future. For students, with students—led by Harvard University Dining Services in collaboration with Harvard Faculty and practitioners in the field—HFSI will drive knowledge and experience in pursuit of food systems citizenship.

hfsi.harvard.edu

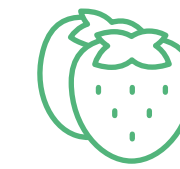
The Relative Impact of Shopping Local

When food choice matters *more* than locality

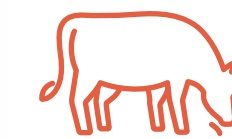


Graph from EWP Meat Eater's Guide, 2011

WHAT CAN YOU DO?



For lower CO₂ emitting foods (fruits and veggies), transport-related emissions represent a larger proportion of their total footprint. **You can significantly reduce your impact by sourcing them locally.**



For the largest CO₂ emitters (like beef & lamb), most carbon emissions occur during production, not transport. **You can make a greater impact choosing not to eat these foods than you can by sourcing them locally.**

WANT TO DIVE DEEPER?

Visit the Environmental Working Group's website ([ewg.org](https://www.ewg.org)) to learn how our diet affects the climate.





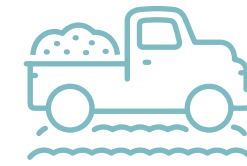
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The Benefits of Buying Local



It reduces the distance food travels.

By shortening the food chain, we can reduce 'food miles' and cut carbon emissions.



It uses less packaging.

Food sold in supermarkets is often packaged in plastic to keep it fresh in transit and while it sits on the shelf. Locally grown produce requires less travel and doesn't sit long on shelves, so it requires less packaging.



It supports biodiversity.

Small farms tend to grow more variety which helps to protect biodiversity. These farms are also less likely to use pesticides, protecting soil health.



It supports community & local economy.

Farmers only receive an average of 10 cents of each food dollar sold in the supermarket. Selling directly to consumers allows farmers take home nearly all of their profits.

WHAT CAN YOU DO?

Find a farmers market near you, or look for 'local' signs at your grocery store.

WANT TO DIVE DEEPER?

Find more sustainable eating tips:
www.hsph.harvard.edu/nutritionsource





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What Does USDA Organic Mean?

Organic products must be produced using agricultural production practices that foster resource cycling, promote ecological balance, maintain and improve soil and water quality, minimize the use of synthetic materials, and conserve biodiversity.

ORGANIC PRODUCTS CONTAIN OR USE:

- **No synthetic pesticides**
- **No food irradiation**
- **No GMOs**
- **No synthetic growth hormones or antibiotics used for livestock**
- **No synthetic fertilizers**

FOOD LABELING

For the USDA Organic seal to appear on packaging = at least 95% certified organic

"Made with" organic = at least 70% certified organic content. The USDA organic seal may not be used



WANT TO DIVE DEEPER?

Read more about Organics on the USDA website!





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What to Know About Fiber



Fiber helps regulate the body's use of sugars, helping to keep hunger and blood sugar in check. It may lower the risk of developing heart disease, diabetes, and plays a role in maintaining a healthy gut microbiome.

There are **2** varieties:

Soluble

Helps lower glucose levels and cholesterol.

Examples include:

- oatmeal
- chia seeds
- nuts
- beans
- lentils
- apples
- blueberries

Insoluble

Helps food move through your digestive system.

Examples include:

- quinoa
- brown rice
- legumes
- leafy greens
- fruits with edible skins

WHAT CAN YOU DO?

Bottom line: Eat a wide variety of plant foods like fruits, vegetables, whole grains, legumes, nuts, and seeds to reach the **fiber recommendation of 25–35 grams daily.**

WANT TO DIVE DEEPER?

Read more about **Fiber** on the HSPH Nutrition Source!

