

DIG DEEPER

When buying food, ask yourself:

1. Where was it produced?

Think: local economy, carbon emissions from its transport, freshness, nutritional content, quality.

2. How was it produced?

Think: pesticides, antibiotics, wild fish, fair trade, monoculture.



RESOURCES

For more information check out some local resources, such as these local websites:

- bcfsn.org
- foodsecurecanada.org
- bcfarmersmarket.org



*Full chart available at bcfresh.ca/availability-chart

PESTICIDES IN PRODUCE

The Dirty Dozen
(Buy these Organic)

1. Strawberries
 2. Spinach
 3. Kale
 4. Nectarines
 5. Apples
 6. Grapes
 7. Peaches
 8. Cherries
 9. Pears
 10. Tomatoes
 11. Celery
 12. Potatoes
- Bonus: Hot Peppers

The Clean Fifteen
(Lowest in Pesticides)

1. Avocados
2. Sweet Corn*
3. Pineapple
4. Onions
5. Papayas*
6. Frozen Sweet Peas
7. Eggplant
8. Asparagus
9. Cauliflower
10. Cantaloupe
11. Broccoli
12. Mushrooms
13. Cabbage
14. Honeydew Melon
15. Kiwi

*Note: Some sweet corn, papaya and summer squash sold in the United States are GMOs, so choose organic to avoid GMOs.



Location: Growing Knowledge Community Compost Garden Campus Ring Road (UNBC) Prince George

Mailing Address: PO Box 444, Prince George, B.C. V2L 4S6

Phone: 250.561.7327
Fax: 250.561.7324

Website: reaps.org
Email: recycling@reaps.org

Guide to

GREEN SHOPPING



GET STARTED

Produce:

- **Buy organic:** no pesticides mean healthier soils and waterways
- **Buy fair trade:** farmers get a fair price for their product
- **Buy local:** buy produce from Prince George or BC, it's more fresh and you're supporting the local economy

Meat and Dairy:

- **Grass-fed:** as opposed to corn/grain which is unnatural food for animals and they do not digest it well
- **Free-range/cage-free/certified organic:** animals have access to outdoors (freerange) or don't live in cages (cage-free) or are free range and eat organic food (certified organic)
- **No antibiotics/hormones:** animals live in better conditions and are not given hormones which may have negatively side effects for people

Seafood:

- Refer to the "Seafood Watch Card" (see right)

Minimize Waste:

- Buy products with minimal or recyclable packaging, or buy in bulk



STEP IT UP

Produce:

- Shop at restaurants and stores that buy local and organic—call and ask!
- Order vegetarian dishes at restaurants and bring Tupperware containers for take out

Meat and Dairy:

- Buy meat directly from producers (easy to do at the farmers' market) and ask how it was grown – is it free-range?

Minimize Waste:

- Carry a reusable coffee mug with you, and use a water bottle to avoid buying bottled water
- Buy foods that minimize processing and packaging

GO FOR GREEN!

Produce:

- **Eat** seasonal produce
- **Buy** local/direct at the farmers' markets
- **Grow** your own food!

Meat and Dairy:

- The only way to really 'go green' for meat is to cut down on your meat consumption – introduce Meatless Mondays or set a goal to eat meat one less day a week

Minimize Waste:

- Compost (or vermicompost) your waste
- Recycle everything you can
- Take reusable bags to the food store when you go shopping
- Get creative! Come up with ways to reuse your waste
- Think before you buy anything – is that a want or a need?

SEAFOOD WATCH CARD

Support Ocean-Friendly Seafood!

BEST CHOICES	GOOD ALTERNATIVES	AVOID	KEY
Abalone (farmed) Barramundi (US farmed) Catfish (US farmed) Clams, Mussels, Oysters (farmed) Cod: Pacific (Alaska longline)+ Crab: Dungeness Halibut: Pacific+ Lobster: Spiny (US) Pollock (Alaska wild)+ Rockfish: Black (CA, OR) Sablefish/Black Cod (Alaska+, BC) Salmon (Alaska wild)+ Sardines, Scallops: Bay (farmed) Shrimp: Pink (OR) Spot Prawn (BC) Striped Bass (farmed) Sturgeon, Caviar (farmed) Tilapia (US farmed) Trout: Rainbow (farmed) Tuna: Albacore (US+, BC troll/pole) • Skipjack (troll/pole) White Seabass	Basal Swai (farmed) Clams, Oysters* (wild) Cod: Pacific (trawled) Crab: King (Alaska), Snow, Imitation Dogfish (BC)* Flounders, Soles (Pacific) Lingcod* Lobster: American/Maine Mahi mahi/Dolphinfish (US) Rockfish (Alaska, BC hook & line) Sablefish/Black Cod (CA, OR, WA) Salmon (CA, OR, WA wild) Sanddabs: Pacific Scallops: Sea (Canada & Northeast) Shrimp (US farmed or wild) Spot Prawn (US) Squid Sturgeon (OR, WA wild) Swordfish (US longline)* Tuna: Bigeye, Yellowfin (troll/pole) • Canned light, white/Albacore*	Chilean Seabass/Toothfish* Cod: Atlantic Crab: King (imported) Dogfish (US)* Grenadier/Pacific Roughy Lobster: Spiny (Caribbean imported) Mahi mahi/Dolphinfish (imported) Monkfish Orange Roughy* Rockfish (trawled) Salmon (farmed, including Atlantic)* Scallops: Sea (Mid-Atlantic) Sharks* Shrimp (imported farmed or wild) Sturgeon*, Caviar (imported wild) Swordfish (imported)* Tuna: Albacore, Bigeye • Yellowfin (longline)* • Bluefin*	<p>Best Choices are abundant, well-managed and caught or farmed in environmentally friendly ways.</p> <p>Good Alternatives are an option, but there are concerns with how they're caught or farmed – or with the health of their habitat due to other human impacts.</p> <p>Avoid for now as these items are caught or farmed in ways that harm other marine life or the environment.</p> <p>BC = British Columbia CA = California OR = Oregon WA = Washington Mid-Atlantic = North Carolina to New York Northeast = Connecticut to Maine</p> <p>*Limit consumption due to concerns about mercury or other contaminants. Visit www.oceansalive.org/eat.cfm</p> <p>+Some or all of this fishery is certified as sustainable to the Marine Stewardship Council standard. Visit www.msc.org</p> <p>Seafood may appear in more than one column</p>