

HOW TO PICK SUSTAINABLE FOOD

1. PRIORITIZE PLANTS

Filling half your plate with vegetables and fruits and shifting to a more plant-based way of eating will help reduce freshwater withdrawals and deforestation.

2. MINIMIZE MEAT

You should treat using meats more as a condiment than a main dish. Meat production is a major contributor to greenhouse gas emissions and raising/transporting livestock also requires more food, land, energy, and water than plants. Considering eating non-meat proteins such as nuts and legumes is healthier for us and the planet.

3. SELECT NEW SEAFOOD

Fish can be a healthy part of a balanced diet but many species are being over-fished. Domestic fish such as mussels, clams, and oysters are great for sustainability. Consider trying different types of seafood lower on the food web, such as fast-growing herbivores.

To see if your go-to fish is on the avoid list, please visit this website:
seafoodwatch.org/seafood-recommendations

4. LOOK LOCAL

Going to farmer's markets can be very beneficial to you. Not only are you getting fresh ingredients from your own area, but you also can find out how things are grown, when it was harvested, and even how to prepare it. Shopping local also means less energy and emissions in transportation and refrigeration.

6. EAT MINDFULLY

By paying more attention to what we eat and how we eat may show us that we don't need to eat as much and we can resize our meals. We also may even reduce our food waste as well as seek out more sustainable food sources.

ABOUT THE FCOLC

The Fabien Cousteau Ocean Learning Center was founded in 2016 by aquanaut, oceanographic explorer, conservationist and documentary filmmaker Fabien Cousteau, to fulfill his dream of creating a vehicle for **positive change in the world.**

The FCOLC was created to empower local communities to champion ocean conservation in ways that are most meaningful to them.

By engaging local communities worldwide in restoration, conservation and research activities, we can plant the seeds of growth toward a healthier relationship between ourselves and our life support system that comes from our Ocean.

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References

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FOOD SUSTAINABILITY GUIDE



WHY FOOD SUSTAINABILITY IS CRITICAL

Many of us are becoming more conscious about climate change and our environment and want to raise our families in a more sustainable way. The way we shop and eat have a huge impact on environmental and food sustainability.

What is food sustainability?

Food sustainability delivers food and nutrition for all in such a way that the economic, social and environmental factors to generate food are not compromised.

What is the impact of our current food system?

We have put a lot of environmental stress on our planet by how we shop and eat. Of the 10 million tons of wasted food generated per year, 71% comes from the home.

In addition to contributing to climate change, our current food system also results in deforestation, soil pollution and water pollution. Making changes to the way we shop and eat our food will not only be healthier for us, but can also help to guarantee food security for future generations.

Some ways that we can change our habits are:

- Buying less food and purchasing from local stores and markets as opposed to big supermarket chains
- Building weekly meal plans around what we already have in our refrigerators
- Reducing the amount of food we throw away by composting

5 cups kale, cut into thin ribbons
4 cups green cabbage, chopped
4 cups purple cabbage, chopped
2 cups carrots, chopped
1 cup celery, chopped
1/3 cup sunflower seeds
1/3 cup raw pumpkin seeds
1 cup bacon, cooked, cooled, and minced

Dressing of your choice

Wash and dry all produce

Lay your kale on a cutting board, and remove the ribs by slicing along the middle of each side. Thinly chop and place in a large mixing bowl.

Finely chop the cabbage or pulse in a food processor. Add to the mixing bowl.

Peel and chop carrots. Add to the mixing bowl. Chop the celery and add it to the bowl. Add sunflower seeds, pumpkin seeds, and chopped bacon.

Mix all ingredients with tongs and top each serving with your dressing of choice.

Serves 12

KALE CHOPPED SALAD



ARCTIC CHAR WITH MUSHROOMS

4, 6 oz. skinless arctic char fillets
Kosher salt
Freshly ground pepper
4 tbsp. extra-virgin olive oil
8 oz. white button mushrooms, sliced
2 shallots, finely chopped
2 tbsp. red wine vinegar
2 tsp. whole-grain mustard
1 tbsp. chopped chives
1 tbsp. chopped fresh parsley
2 bunches arugula, trimmed

Preheat the oven to 350 degrees. Season the fish with salt and pepper. Heat 1 tablespoon of olive oil in a large nonstick skillet over medium-high heat until shimmering. Add the fish and sear until golden on the bottom and cooked halfway through, about 3 minutes. Flip onto a baking sheet and bake until cooked through, 3 to 5 more minutes.

Meanwhile, wipe out the skillet, return to medium-high heat and add the remaining 3 tablespoons of oil. Add the mushrooms and cook, without stirring, until browned on one side, about 1 minute. Stir and cook until browned all over, about 3 more minutes. Add the shallots and cook until soft, stirring, about 2 minutes. Whisk in 2 tablespoons vinegar and the mustard and bring to a boil. Remove from the heat and stir in the chives and parsley.

Drizzle the arugula with oil and vinegar in a bowl, season with salt and pepper and toss. Divide among plates and serve with the fish. Spoon the mushrooms and pan juices on top.