

# SUSTAINABLE EATING at Tufts

Tips for being a conscious food consumer that won't break the bank

## GET A CSA SHARE



New Entry Food Hub has a community-supported agriculture pickup location on the Medford campus. CSA shares let you support local farmers and get fresh food throughout the growing season!



## BRING REUSABLES

Avoid plastic utensils by bringing your own reusable ones. If you pack lunch, use reusable containers instead of plastic bags. You could even invest in a reusable straw!

## SHOP LOCAL



Support the local economy and get fresh produce! There are many farmers markets in the areas surrounding Tufts, and some are even open all year round!



## EAT LESS MEAT

Meat consumption puts a strain on U.S. land and water resources. Try skipping meat at just one meal a day or participate in Meatless Mondays!

## FIND FREE FOOD



There is an elist at Tufts that will notify you when there is food left over from an event. Sign up [here](#) and help reduce food waste while getting a free meal or snack!



## COMPOST

Compost leftover food or food scraps like banana peels and eggshells. You can find numerous composting locations throughout campus on our Eco Map!