

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!