

TUUC Ethical Eating Pledge Form

Earth Day 2010



I/We, _____,
pledge to take at least one of the
following steps over the next 40 days, to
protect our environment, our community
and our health:

1. Eat Less Meat

- I/We will go at least one day a week without eating any meat.
- I/We will increase days without meat to ___ days a week.

2. Eat Local Produce (or grown within hundreds, not thousands, of miles)*

- I/We will begin eating at least ___ meals/week with local fruits and vegetables.
- Already eat local produce; will increase to ___ meals a week.

3. Eat Organic/Sustainably Grown Foods**

- I/We will buy only sustainably caught fish.***
- I/We will begin including organic food at least ___ meals/week
- Already eat organic food; will increase to include in ___ meals/week

4. Fair Trade Products

- I/We will begin buying fair trade products at least ___ times/week.
- I/We will increase purchase of fair trade products to ___ times/week.

4. Other Action: Tell us what you will do to eat with more conscience:

- I/We will _____

* See the list of local Farmers Markets, Community Supported Agriculture farms (CSAs), and other sources of local food at the Green Sanctuary Table, or posted on the TUUC Website under Green Sanctuary Committee.

** Examples of organic foods include fruits and vegetables (fresh, frozen and canned), pasta, sauces, tofu, bread, cereals, milk and dairy products. If buying meat, poultry or eggs, look for local producers and for free-range, hormone-free, antibiotic-free, and vegetarian or grain-fed.

*** See Monterey Bay Aquarium pocket guide to Sustainable Seafood for our area on the TUUC website under Green Sanctuary Committee, or see the Audubon Guide at <http://spc.int/Coastfish/Asides/papers/Audubon.htm>.