

30 WAYS to GREEN YOUR PLATE

YOU DON'T HAVE TO OVERHAUL YOUR LIFE (OR EVEN YOUR KITCHEN) TO HELP SAVE THE PLANET. THESE SMALL STEPS CAN MAKE A HUGE IMPACT ON YOUR CARBON FOOTPRINT—AND YOUR HEALTH.



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►► You're already pretty eco-conscious (hello, reusable water bottle and energy-saving lightbulbs!). But you can do even more good by focusing on what and how you're eating and by incorporating a few easy tweaks into your daily diet. It's not hard to be a greener foodie; in fact, you don't have to give up any of your favorite fare. Just become more aware of how your groceries affect the earth and start making smarter choices. To help, we've come up with 30 ideas you can try this month—and all year long.