

## HOW EARTH FRIENDLY IS YOUR ON CAMPUS DIET?

We eat different foods everyday to give us energy. But we don't always consider the energy that has gone into the process of making the food.

Food production requires copious amounts of energy. Some, however, require more energy than others. For this reason, we can make a general

### SUSTAINABILITY RATING



\*All sustainability ratings were developed using a toolkit developed by The Nitrogen Footprint Team and take into consideration Carbon, Nitrogen, and Water footprints.

As students, we are provided many food options in our dining halls. Knowing more about the general environmental effect a food has can allow us to make more educated decisions that may also benefit our earth. Studies have shown that more sustainable diets can include decreasing weekly consumption of red meats and dairy and increasing consumption of produce. To learn more about sustainability and sustainable food options on campus, you can scan the QR code below, or visit <https://sustainability.utk.edu/>.

