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Food Day Encourages “Greener Diet” for Healthier Living

Eau Claire, WI –October 23rd, 2015- On October 24th, Americans around the country will get together to celebrate and enjoy real food and advocate for improved food policies as part of the fifth annual Food Day. Food Day was created by the Center for Science in the Public Interest (CSPI), a non-profit organization that advocates for nutrition, health, food safety, and alcohol policies that are consistent with scientific evidence on health and environmental issues. Every year, a new theme aims to bring consumers closer to a food system with real and healthy food that is produced with care for the environment and the people who grow, harvest, and serve it.



<https://www.barnraiser.us/projects/food-day-together-we-can>

Food Day 2015 has the theme “Toward a Greener Diet” and focuses on greener diets as a way to connect health and environmental issues to the food we put on our plates. A typical American diet tends to be too high in meat, refined sugars, and processed foods. This way of eating over a lifetime contributes to obesity, diabetes, heart disease, and other health problems that cost Americans over \$150 billion a year. In addition, a diet high in meat takes an extreme toll on the environment. A “greener diet” includes cutting back on sugary drinks, overly salted packaged foods, and factory-farmed meats in favor of vegetables, fruits, whole grains, and lean, sustainably-raised meats.

Everyone can take a personal step by making changes in everyday eating and in the ways we celebrate and socialize around food. Susan Krahn, Eau Claire City-County Health Department Public Health Nutritionist shares these ideas to celebrate Food Day and raise awareness amongst your family, friends, co-workers, and neighbors about the importance of the food we put in our grocery carts and on our plates:

- Try meatless meals: According to Food Day organizers, going meatless at one meal a week is comparable to taking half a million cars off the road! Check out www.meatlessmonday.com to learn about this movement.
- Host a “Food Day Apple Crunch”: On and around Food Day, millions of people around the county will crunch into an apple as a unifying way to raise awareness about eating real food for health and the environment. Find more information and to register an event at http://www.foodday.org/food_day_apple_crunch.
- Get your friends or family together to watch a food-inspired film, such as *Food for Thought*, *Food for Life*.
- Volunteer at your local school to help teach cooking or gardening lessons.
- Plan a healthy, real food potluck with your family, neighbors, co-workers, or church.
- Encourage your schools, churches, and other organizations to try a “Real Food Drive” to support more fresh fruits and vegetables in food pantries, rather than canned and packaged foods. Learn more at http://www.foodday.org/real_food_drive.

Use Food Day, October 24th to start- or celebrate- eating and enjoying a healthier diet!