

Green Guide Sustainable Food Quiz

QUESTION 1

Which of the following should you choose in restaurants or at the fish counter when considering seafood safety and sustainability?

- ☐ **Farmed salmon**
- ☐ **Orange roughy**
- ☐ **Atlantic bluefin tuna**
- ☐ **Alaska wild salmon**

The right choice here is wild Alaska salmon, which remain relatively abundant. Salmon farming can extract high environmental costs, causing water pollution and spread of diseases to wild fish populations. Steer clear of orange roughy and Atlantic bluefin tuna, which are among the many popular fish species suffering from depleted numbers due to overfishing and other unsustainable activities such as farming and trawling.

QUESTION 2

Cheese made on a farm from the milk of animals that live at the farm is known as what?

- ☐ **Artisanal**
- ☐ **Farmstead**
- ☐ **Organic**
- ☐ **Kosher**

Smaller cheesemakers produce what are known as farmstead cheeses, made from the milk of resident farm animals. These small producers generally have more time and ability to focus on the quality of their cheese products. Purchasing these cheeses helps to support farms that care about the health of their land and animals.

QUESTION 3

The "biodynamic" label, which indicates a farming method that includes consideration of lunar and solar cycles, may be found on which of the following party staples?

- ☐ **Beer**
- ☐ **Vodka**
- ☐ **Wine**
- ☐ **Rum**

Bring a wine labeled "biodynamic" to your next gathering. Similar to organic wines, they're produced without exposure to synthetic inputs, animal by-products, or genetic modification. Biodynamic farming also avoids electromagnetic fields and takes lunar and solar cycles into consideration—putting agriculture in tune with the planet's natural rhythms.

QUESTION 4

Your local grocery store likely carries out-of-season produce transported from greenhouses and tropical climates. Joining a Community Supported Agriculture (CSA) program does what?

- ☐ **Supports local farms**
- ☐ **Ensures fresh and seasonal produce**
- ☐ **Saves shipping energy**
- ☐ **All of the above**

QUESTION 5

You have plenty of leftover deli meat and cheese after making your signature sandwich. How should they be stored?

- ☐ **In the manufacturer's packaging**
- ☐ **In glass storage containers**
- ☐ **In lidded plastic containers**
- ☐ **Wrapped in plastic wrap**

QUESTION 6

It's no surprise that healthy cattle produce healthier beef. Choosing beef certified as American Grassfed ensures the cattle was raised with which of the following?

- ☐ **Access to a pasture**
- ☐ **A varied diet of grass and grain**
- ☐ **Regular growth hormone injections**
- ☐ **None of the above**

All of the above

As an alternative to buying produce in the grocery store, membership in a Community Supported Agriculture program gives you the benefit of having a wide variety of fresh, seasonal, and often organic herbs and produce delivered from local farms. Members who sign up buy a share of each season's harvest, and proceeds from memberships go toward farm costs like seeds, equipment maintenance, and labor.

Glass Storage Containers

Storage containers and plastic wraps made from polyvinyl chloride (PVC) contain chemicals that can leak into food they come in contact with, especially hot foods and those containing fat and oil. When purchasing plastic-wrapped food from the supermarket or deli, slice off a thin layer where the food came into contact with the plastic and store the rest in a glass or ceramic container or wrap it in non-PVC wrap.

Access to a Pasture

American Grassfed cattle must eat only grass and do not receive growth hormones. While conventional cattle are fed a diet of corn and grain that can contribute to painful health problems for the animals and lead to increased bacteria in the meat, grass-fed cattle are healthier and produce beef that has less fat, less cholesterol, fewer calories, and a higher concentration of omega-3 fatty acids and some vitamins.

QUESTION 7

What percent of U.S. landfills is made up of food scraps and yard clippings?

- ☐ **25 percent**
- ☐ **18 percent**
- ☐ **11 percent**
- ☐ **5 percent**

In the U.S., a quarter of solid waste in landfills is made up of organic matter. Composting organic kitchen and yard trimmings for use as a natural fertilizer can help reduce this volume while providing a safe, chemical-free alternative to commercial fertilizers in your yard or vegetable garden.

QUESTION 8

Peaches, sweet bell peppers, strawberries, pears, spinach, and potatoes are among the twelve fruits and vegetables distinguished on a list by the Environmental Working Group as what?

- ☐ **Grown with unsustainable methods**
- ☐ **Mostly imported from abroad**
- ☐ **Most often contaminated by pesticides**
- ☐ **Often genetically modified**

These fruits and vegetables—along with apples, celery, nectarines, cherries, lettuce, and grapes—are cited by the EWG as most often contaminated by pesticides. While it's not always economical to purchase only organic produce, buying organic varieties of these fruits and vegetables will help to reduce the synthetic pesticides, antibiotics, hormones, and other chemicals in your food.

QUESTION 9

When you go for your morning (or afternoon) cup of coffee, choosing a brand with which of the following certifications can help small farmers earn a higher share of the profit?

- ☐ **USDA Organic**
- ☐ **Fair Trade**
- ☐ **Food Alliance**
- ☐ **Rainforest Alliance**

Like cocoa, vanilla, and bananas, coffee is produced almost exclusively in the developing world but is widely consumed in the developed world. Fair Trade certification ensures that farmers receive a minimum set price, that workers receive fair wages, and that growers follow sound environmental practices.

QUESTION 10

By mid-afternoon, you're likely craving this antioxidant-rich crop, called the food of the gods by early Aztecs and traditionally planted under a canopy of rainforest trees. What is it?

- ☐ Bananas
- ☐ Mangoes
- ☐ Cacao
- ☐ Almonds

Cacao

High demand for this popular bean has stimulated a transition from canopy to "full-sun" farming. Although this method produces higher yields, the beans are more susceptible to disease, insects, and stress, conditions that require high doses of fertilizers and pesticides. Next time you reward yourself, choose Certified Organic chocolate products, made from cacao grown without synthetic pesticides, and Rainforest Alliance Certified cocoa, produced from cacao plants grown in traditional shade.