

CoolPotluck IDEAS



There are many variables that go into determining if a meal is climate-friendly or not. Here are some guidelines to help you prepare a *CoolPotluck* dish for the upcoming film screening. The lists of foods below will give you a general sense about which to increase (more climate-friendly choices), and which to decrease (foods with a high climate footprint). These lists were gleaned from the experts over at the Cool Foods Campaign and Climate Friendly Food, and can be used as a general guide.

Favor these ingredients

- Local, organic foods
- Organic, seasonal veggies and fruit
- Organic grains
- Organic, grass-fed meats
- Organic dairy
- Organic corn and soy
- Select seafood*
- Whole foods

Reduce these ingredients

- Imported or far-away foods
- Conventional veggies and fruit
- Factory farmed animals
- Factory farmed dairy
- GMO grains, such as corn and soy
- Processed foods
- Heavily packaged and/or frozen foods
- Select seafood*

*For guidance with seafood choices, consult the Seafood Pocket Guide

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