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The Food on Our Plate: Evidence Linking Healthy Food to a Healthy Planet
Thursday, April 9th – 9:10-10:10 A.M.

The Food on Our Plate: Evidence Linking Healthy Food to a Healthy Planet

- I. The Link between Healthy Food and a Healthy Planet – Why Should We Care?
 - A. Climate Change
 - B. Endocrine Disrupting Chemicals (EDCs)
 - C. Waste – Food & Food Packaging

- II. How RDs/RDNs/DTRs Can Make a Difference
 - A. Become Involved in Efforts to Grow Healthy Foods (e.g., community supported agriculture (CSA), gardens, farmers’ markets, farm to school programs, worksite wellness programs)
 - B. Encourage Consumption of Organically-Produced Foods
 - C. Promote Plant-based Meals
 - D. Reduce Waste (Reduce, Reuse, Recycle) & Compost Food Waste

- III. Action-Planning Groups: Becoming Leaders in Creating Healthier & More Sustainable Food Systems
 - A. By Region and Issue Area
 - B. Commitment for Follow Up

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I. The Link between Healthy Food and a Healthy Planet

A. Climate Change –

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C. Food Waste and Food Packaging Waste –

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II. How Can RDs/RDNs/DTRs Make A Difference?

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III. Becoming Leaders in Creating Healthier, More Sustainable Food Systems

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