

# HEALTH

## How to grocery shop sustainably

Whether it's recycling, switching to public transit or using energy-efficient lightbulbs, there are always ways to reduce your carbon footprint. But have you ever thought about making your grocery shopping more sustainable? The Canadian Health Food Association (CHFA) shares how shopping just a little differently can help.

**Shop organically:** Organic farming methods are developed proactively with ecological balance in mind, without pesticides that harm the environment, including the soil, our water supply and your health. It's easy to identify foods that meet Canada's high organic standards. Simply look for the Canada Organic logo to ensure that what you bring home to your kitchen contains more than 95 per cent organic ingredients.

**Shop locally:** Shopping local has great benefits for you, your community and the environment. Walking to your neighbourhood health food store versus driving to the nearest big-box retailer can be considered an investment in your own community. When you put your dollars back in your own neighbourhood, you're supporting jobs of those



around you. Also, frequenting a local health food store will help you become more familiar with your grocers. As they learn more about what you and your neighbours are looking for, you're more likely to find the products you want on their shelves.

**Shop ethically:** By buying sustainable foods, you're also supporting organic farmers who work in safer conditions and receive fairer wages. Organic farms avoid the use of pesticides, insecticides and other harmful chemicals which workers can ingest while on the job. Many of these farms are also family owned. By shopping organic and local, you're contributing to the success of independent farmers who are as passionate about clean food as you are.

With over 1,000 members across Canada, chances are you're closer to a CHFA Member health food store than you think. Check out [chfa.ca](http://chfa.ca) to find the closest one so you can make the step toward fostering a sustainable community.

- [news.canada.com](http://news.canada.com)



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