

## MODERN FOOD SYSTEMS

Changing the footprint goes beyond individual actions and requires changes in structures, policies, economic practices, etc.

**What will it take to switch to a more sustainable food system?**

Practices such as eating locally can move the food system toward sustainability by:

- 1) reducing energy usage for processing and transportation
- 2) creating more direct ties between farmers and consumers (buying at farmer's markets)
- 3) supporting organic farming to reduce costs
- 4) reducing fertilizer and pesticide run-off in watersheds
- 5) maintaining or increasing biodiversity by eliminating mono-cropping