



● Eating Healthy

- <http://schlaflyfarmersmarket.com/>

The Schlafly farmers market is a great spot to buy local and think global; meet local farmers and support sustainable food by buying your produce directly from its producer. Includes local farm free eggs, pork, lamb, beef, herbs, mushrooms, artisanal loaves, flowers, pasta and more!



- <http://www.greenerchoices.org/eco-labels/eco-home.cfm?redirect=1>

This website can help you find out what the labels on your food really mean, helping you create a more informed and healthy lifestyle. With a whole host of terms such as “organic” and “sustainably sourced” floating around at the grocery store, use this website to help discern the true meaning of where your food is coming from.

- <http://www.eatwellguide.org/i.php?pd=Home>

A resource for eating green wherever you are! Simply type in your city or zip-code and the Eat Well Guide will return a list of sustainably sourced food from within whatever mile radius you chose.

- <http://environment.nationalgeographic.com/environment/green-guide/food/>

Learn more about what is going on in sustainable food and how you can get involved through the National Geographic’s sustainable food website.

- <https://www.missouribotanicalgarden.org/things-to-do/events/special-exhibitions/foodology/savor-your-summer/family-food-saturdays.aspx>

A fun way to get your kids learning about and more involved in food, the Missouri Botanical garden throws a “Family Food Saturday” event May 25th through August 25th. Learn more about the produce you eat in fun and engaging ways at the Garden and the first 200 kids get to take a potted plant of their own to bring home for free! No additional fee besides admittance price.