

The following resources were gathered by students in the upper school's Applied Chemistry: Sustainability class. These are meant as a helpful starting point. Wellington does not necessarily hold the ideas and views found in these websites and books.

- **Read a book about food and sustainability. We suggest you get an electronic copy or borrow from the library. Here are some potential titles to check out:**
  - “We the Eaters: If We Change Dinner, We Can Change the World” by Ellen Gustafson
  - “Waste: Uncovering the Global Food Scandal” by Tristram Stuart
  - “National Geographic Foods for Health: Choose and Use the Very Best Foods for Your Family and Our Planet” by Barton Seaver and P.K. Newby
- **Plan a garden (any size) for this spring**
  - Feel free to reach out to Joya (elmore@wellington.org) for suggestions or advice
  - Gardening Basics from The Spruce <https://www.thespruce.com/gardening-basics-4127766>
  - Ask a Master Gardener (Ohio State Extension) <https://extension.osu.edu/https%3A/extension.osu.edu/ask-an-expert/ask-master-gardener-volunteer>
- **Develop a weekly food plan to minimize food waste**
  - Resources/ideas for meal planning (EatingWell) <https://www.eatingwell.com/category/4286/meal-plans/>
  - Strategies to reduce food waste (EPA) <https://www.epa.gov/recycle/reducing-wasted-food-home>
- **Consolidate shopping trips to once a week**
  - Meal planning helps! (EatingWell) <https://www.eatingwell.com/category/4286/meal-plans/>
- **Eat vegetarian 1xday per week**
  - Recipe suggestions for vegetarian meals (EatingWell) <https://www.eatingwell.com/category/4286/meal-plans/>
  - Information regarding vegetarian/vegan diets (State of Victoria, Australia) <https://www.betterhealth.vic.gov.au/health/healthyliving/vegetarian-and-vegan-eating#types-of-vegetarian-diets>
- **Buy locally-sourced foods (including shopping at your local farmers market)**
  - Information on what food is in-season from the US Department of Agriculture <https://snaped.fns.usda.gov/seasonal-produce-guide>
  - Resource showing local CSA (community supported agriculture) and farmers markets in your area (Local Harvest) <https://www.localharvest.org/westerville-oh>
- **Map your food miles**
  - Explanation of food miles (BBC) <https://www.bbcgoodfood.com/howto/guide/facts-about-food-miles>
- **Reduce the number of times you eat out**
  - Do not forget the recipe suggestions! (EatingWell) <https://www.eatingwell.com/category/4286/meal-plans/>
  - Find the following books at your local library:

- “The Zero Waste Cookbook: 100 Recipes for Cooking without Waste” by Giovanna Torrico and Amelia Wasiliev
- “Eat to Save the Planet: Over 100 Recipes and Ideas for Eco-Friendly Cooking and Eating” Annie Bell
- **Minimize food packaging**
  - Informative article on reducing packaging (Illinois State)  
<https://news.illinoisstate.edu/2019/03/reducing-food-packaging-waste-for-the-environments-well-being/>
  - Extensive guide to reducing packaging and food waste (EPA)  
[https://www.epa.gov/sites/default/files/2015-08/documents/reducing\\_wasted\\_food\\_pkg\\_tool.pdf](https://www.epa.gov/sites/default/files/2015-08/documents/reducing_wasted_food_pkg_tool.pdf)
- **Compost for a month (or more)**
  - Guide for composting (EPA) <https://www.epa.gov/recycle/composting-home>
  - Resources on all things gardening, including composting (Joe Gardener) <https://joegardener.com/>
- **Reduce your water usage when doing the dishes**