

## How to Eat Sustainably

Eataly Magazine (April 19, 2019)



Earth Day is around the corner, reminding us all to do what we can to save the environment. But don't feel overwhelmed! From recycling to bicycling, even our smallest daily choices can make a difference. And this comes down to how we eat — and drink!

Ready to do your part? Check out three simple ways to get started!

### 1. SUPPORT SUSTAINABLE PRODUCERS.

In the U.S. and Italy, we choose to work with small-scale producers who share our value for sustainable practices that are GOOD (food tastes delicious), CLEAN (don't hurt the environment), and FAIR (treat employees well).

Every time you shop, you "vote" for what we stock on our shelves. When you demand quality products — at Eataly and elsewhere — you support the sustainable farmers, fisherman, butchers, bakers, and cheesemakers that make them. You create a better environment, for eating, drinking,



and beyond.

### 2. BUY ONLY WHAT YOU NEED.

In the U.S., we waste an average of 40% of our food. Today, you can make a difference: choose quality over quantity. Buy only what you need, at the very highest quality and in the right proportions, and you will eat better, feel better, and help end food waste.

### 3. REDUCE AND REUSE.

Once you're home, get creative with our favorite cucina povera tricks to get the most out of our Italian staples. You will love how much longer your groceries will last!

#### FORMAGGI

Throw your leftover cheese rinds into your next stew, risotto, or pasta sauce, or try our rich Parmigiano Reggiano broth!

#### PESCE

Toss your fish bones into boiling water to create a nutritious and rich stock.

#### VINO & BIRRA

Use leftover wine in a risotto, create a beer braise, or make your own reduction sauce.

#### CARNE

Toss your meat bones into boiling water to create a nutritious and rich bone broth, which fits perfectly with a dish like this polenta con goulash.

#### VERDURE

Simmer your veggie scraps in salted water for a simple stock that you can use immediately or freeze for another day.

#### PANE

Give day-old bread new life in ribollita stew, panzanella salad, or toasted bruschetta.

**Source URL:** <http://www.iitaly.org/magazine/dining-in-out/eataly-magazine/article/how-eat-sustainably>

#### Links

[1] <http://www.iitaly.org/files/screenshot2019-04-19at210619png>