

UM Sustainability Pledge – Facts about your commitments

I pledge to support UM's sustainability goals and initiatives. I commit to reducing my own environmental impact and supporting my community in these ways:

FOOD

- Buy local and seasonal products and produce
 - [Food in Missoula](#): In the U.S., produce travels an average of 1500 miles from its origin before it lands on your plate (USDA) Buying local reduces "food miles" which adds up to large reductions in fossil fuel needed for transport. Go to the farmer's market. Read labels at the grocery store that report a food's origin. Stick to what's in season. Try putting 50% of your produce expenditures into local sources.
- Choose organically produced, and fair trade certified goods
 - Growing food and raising livestock organically limits the chemicals being put into our bodies and our planet. Organic agriculture and ranching methods protect water quality, maintain soil fertility, and enhance biodiversity.
- Cut down on heavily processed foods