



Three Ways To Live Smarter For Yourself And The Planet

(NAPSA)—Here's food for thought: Diet choices you make every day affect not only your own health but that of the planet.

Three tips from registered dietitians can help you make the right ones:

1. Shop in the Bulk Section. Take advantage of the cost and package savings of the products that you and your family use on a regular basis. Enjoy items such as raw nuts and seeds, dried beans, whole wheat couscous, quinoa and dehydrated fruits. This is a great opportunity to decrease waste, since you buy only what you need.



A good place to make lasting and effective changes to the environment and your family's health is the supermarket.

2. Buy Locally Grown and Produced Items. Consider the travel costs—both financial and environmental—of shipping products around the country. Supporting local companies can decrease the environmental strain. For example, Giant Eagle supports nearby growers when their produce is in season, and have many local products in the meat case, dairy cooler and even the health and beauty department.

3. Enjoy the Earth and Get Active. You and your family can really appreciate all the Earth has to offer. Explore nature, go for a walk, plan a picnic, ride a bike, get outside. Consider starting a garden of your own. Plant a few fruits or vegetables you enjoy and that are suitable to your soil. Use this garden to supplement your weekly grocery shopping trip. You can feel good about the food you eat and get a bit of physical activity out of it, too.

Learn More

Giant Eagle's Registered Dietitian team can help customers in western Pennsylvania, Ohio, West Virginia and Maryland along this journey, offering services at select Giant Eagle locations including cooking demonstrations, aisle excursions and wellness classes. Giant Eagle also offers on-site presentations and classes through its business-to-business program. For all your health and wellness needs, call its team of Registered Dietitians at 1-877-289-2588 Monday–Friday, 10 a.m.–8 p.m.

Note to Editors: Although Earth Day is April 22nd, the information in this article can be useful to your readers at any time of year.