

# FAMILY SUSTAINABILITY PLEDGE

The \_\_\_\_\_ family pledges our commitment to sustainability.

**We are committed to making small but impactful changes, starting with good nutrition and family meals to lead the way for a sustainable future.**

## PLAN TOGETHER

Plan for your family's meals twice a month to eliminate food waste.

Buy ingredients from farms, grocery stores, farmers markets, and companies that align with your family values of:

- Healthy nutrition
- Responsibly raised food
- Sustainable packaging

## COOK TOGETHER

Spend time together preparing meals and learning where and how your food is grown.

Commit to a family schedule that allows time to share stories and create memories in the kitchen while keeping your family well-fed:

- Learn how food is grown
- Share special family recipes
- Reinvigorate tradition

## THINK TOGETHER

Keep your family aligned in your mission to eat and act sustainably.

Create conversation about food's impact on human health and our planet:

- Meet your family's needs today without compromising future generations' ability to meet theirs too



**NATURALS**

**THE FUTURE IS BRIGHT**

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