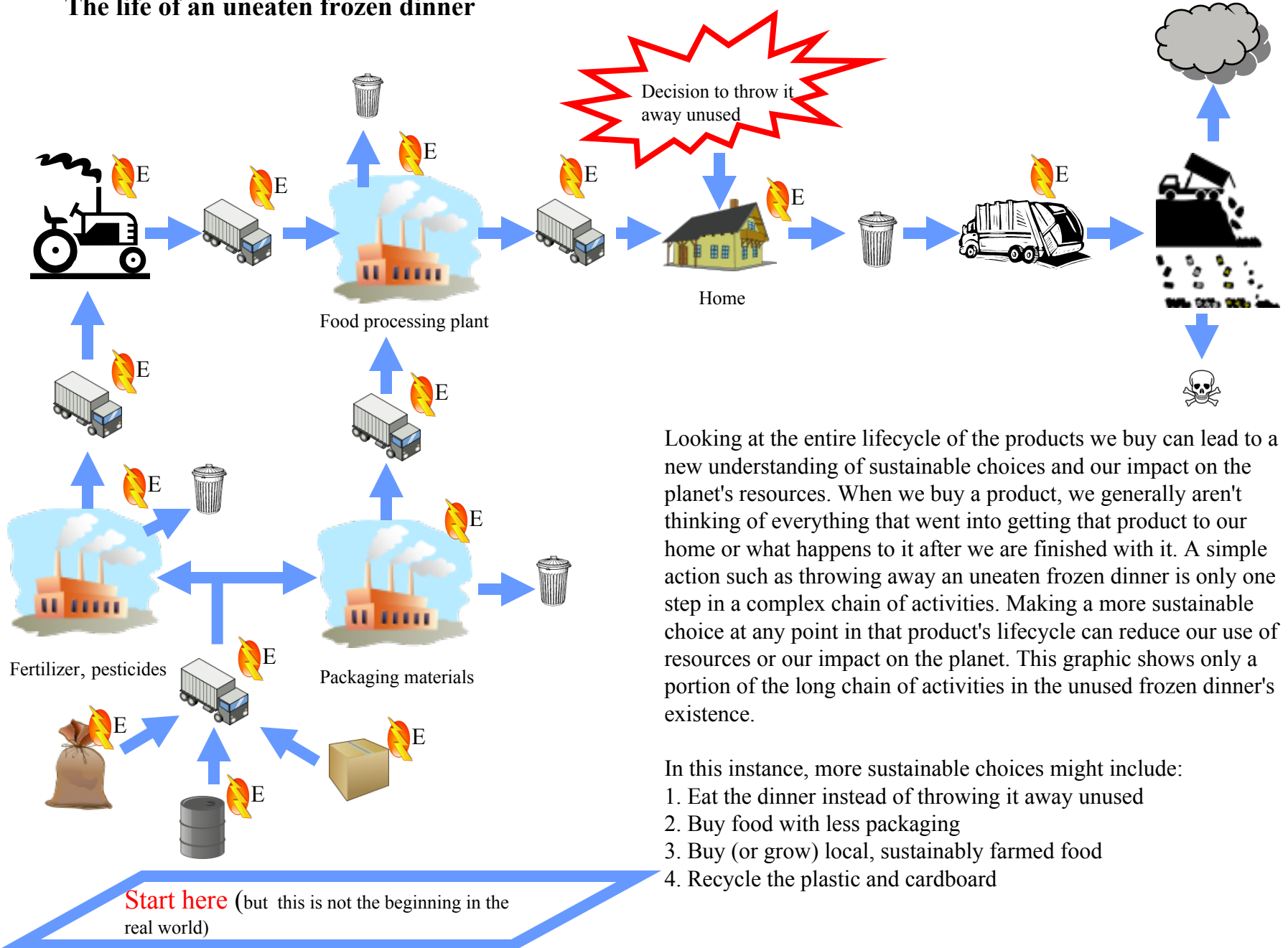


The life of an uneaten frozen dinner



Looking at the entire lifecycle of the products we buy can lead to a new understanding of sustainable choices and our impact on the planet's resources. When we buy a product, we generally aren't thinking of everything that went into getting that product to our home or what happens to it after we are finished with it. A simple action such as throwing away an uneaten frozen dinner is only one step in a complex chain of activities. Making a more sustainable choice at any point in that product's lifecycle can reduce our use of resources or our impact on the planet. This graphic shows only a portion of the long chain of activities in the unused frozen dinner's existence.

In this instance, more sustainable choices might include:

1. Eat the dinner instead of throwing it away unused
2. Buy food with less packaging
3. Buy (or grow) local, sustainably farmed food
4. Recycle the plastic and cardboard