



Photo: Courtesy of SLO County APCD

We care about healthy living in San Luis Obispo County. That is why we are concerned about climate change. Now is the time to come together as a community and talk about how climate change is affecting our well-being. The good news is, many actions that help limit climate change also improve the health of our families and community.

“We at the Food Bank Coalition take climate change seriously by rescuing safe food that would go to the landfill and gleaning fresh produce locally through GleanSLO. It’s part of our mission to help build a healthier community.”

- Carl Hansen,
CEO Food Bank Coalition of SLO County

You Can Take Action to be Healthy and Climate Friendly

What we choose to eat every day matters for our health and the climate.

Our food system is a major contributor to climate change. The production, packaging, and movement of certain types of foods have a larger impact on our climate than others. A climate friendly food system uses less energy to get things from the farm to our fork.

What you can do:

- Eat more local fresh fruits and vegetables
- Shop at farmers markets in SLO County
- Grow your own vegetables in your backyard and at a community garden

Go to: centralcoastgrown.org



“Food produced in our local food system is climate friendly and increases flavor and nutrition because transportation and storage are minimized, and growers can allow their fruits and vegetables to ripen naturally.”

-SLO County Local Food Policy

To learn more and get involved, go to:
healslo.com

Outsideln SLO is a partnership between San Luis Obispo County Public Health Department and the California Department of Public Health.

