Take the Pledge!
Join the nationwide campaign for delicious, healthy, and affordable food produced in a sustainable, humane way.

Food Day is a nationwide celebration and a movement for healthy, affordable, and sustainable food.

Take the Real Food pledge online today! tinyurl.com/ucfoodday

Eat Real at Home
An easy way to Eat Real at home is to shop locally in farmers markets, or on the outside aisles of the grocery store. Things you include on your grocery list are fresh produce, unprocessed meat and whole grains! Try to reduce the amount of pre-packaged foods you purchase.
To test the food already in your kitchen, check the label. Does it have more than 5 ingredients? If you can’t pronounce it, you shouldn’t eat it. Those are signs of artificial foods! For cooking, choose extra virgin olive oil or coconut oil as a healthy fat, not canola oil which is artificially processed.

Eat Real on Campus
Look for minimally processed whole foods! Stay away from packaged foods.
Here are some suggestions!
Wendy’s- Garden side salad
Wahoo’s- Chopped Salad, Banzai Veggie-Brown rice and black beans
Jamba Juice- Plain Oatmeal, Choose a juice or smoothie option that is fruit-based
Subway- Veggie Delight, Turkey Breast Salad.
Green’s to go– Offers a variety of salad and vegan options, enjoy!
Real Food Resources in Irvine

The Orange County Farm Bureau sponsors several Farmers’ Markets each week:
Tuesday, Historic Park at the Irvine Ranch. 13042 Old Myford Road. 9am-1pm
Saturday, Irvine. University Center. Bridge and Campus. 8am-Noon
Sunday, The Great Park. Marine Way off Sand Canyon. 10am-2pm

Community Supported Agricultural Programs are a great way to support local farmers and have a variety of fresh, organic fruits and vegetables delivered to you
Locations that serve the Irvine area include:
Tanaka Farms (www.tanakafarms.com)
Farm Fresh To You (www.farmfreshtoyou.com)
Spud! (www.spud.com)

Take the Food Day Challenge!

☐ Cook at least one meal at home per week using a new, healthy recipe.
☐ Buy fruits and vegetables that are in season— they have more nutrients and may be cheaper.
☐ Choose cage-free eggs— the hens have happier lives.
☐ Start a windowsill garden— even a basil plant will do.
☐ Check your fridge and cupboards and throw out sugary, salty foods.
☐ Skip a muffin, it would take a 45 minute run to burn off the 400 calories.
☐ Do some or most of your shopping at your local farmers market.
☐ Pack a healthy lunch instead of eating out.
☐ Read more Nutrition Facts labels, looking especially at calories, sodium, and portion size.
☐ Try whole grain bread, pasta, and rice, which are more nutritious than their white counterparts.