

UCI EATS REAL GUIDE

JOIN YOUR FELLOW UC IRVINE STUDENTS, FACULTY, AND STAFF FOR UCI FOOD DAY 2016!

Food Day is a nationwide celebration of healthy, affordable, and sustainably produced food.

EAT REAL AT HOME

An easy way to Eat Real at home is to shop locally at farmers markets, or on the outside aisles of the grocery store. Include fresh produce, unprocessed meat and whole grains on your grocery list! Try to reduce the amount of pre-packaged/processed 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!

EAT REAL ON CAMPUS

Look for minimally processed whole foods! Stay away from packaged foods.

TRY:

Wendy's - Garden Side Salad

Wahoo's - Chopped Salad, Banzai Veggie-Brown Rice and Black Beans

Jamba Juice - Choose a juice or smoothie option that is fruit-based, there is also plain oatmeal

Subway - Veggie Delight, Turkey Breast Salad

Green's To Go - Offers a variety of salad and vegan options, give it a try!

Zot-N-Go - Apples, bananas, and other fruits



REAL FOOD RESOURCES IN IRVINE

Community Supported Agricultural Programs:

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)

*Winder Farms (www.winderfarms.com)

Visit one of the farmers' market in Irvine each week:

Saturday. Mariners Church, Irvine

5001 Newport Coast Drive

Sunday. Orange County Great Park Picnic Lawn

6990 Marine Way

Tuesday. Irvine Regional Park

1 Irvine Park Road

TRY THE FOOD DAY CHALLENGE!

1. Cook at least one new and healthy meal at home per week
2. Buy in-season fruits and vegetables, they have more nutrients and may be cheaper
3. Choose cage-free eggs; the hens have happier lives
4. Start a windowsill garden, even a basil plant will do
5. Throw out sugary, salty foods in your fridge and cupboards
6. Skip the packaged muffin. They can be loaded with sugar and processed ingredients
7. Do some of most of your shopping at your local farmers market
8. Pack a healthy lunch full of whole foods instead of eating out
9. Read more Nutrition Facts label, looking especially at ingredients, sodium, and portion size
10. Try whole grain bread, pasta, and rice, which are more nutritious than their white counterparts

