

FOOD FOR THOUGHT: Eat Your Way to a Healthy Environment



All images courtesy of Wikimedia Commons (<https://commons.wikimedia.org>)

This spring, we explore how everyday food choices can support a more sustainable planet. Your appetite for learning about responsible foraging, sustainable agriculture and fisheries, safe fish consumption practices, and how food donations help reduce waste while strengthening communities will be satisfied. Together, you'll get your fill of practical, science-based insights to empower healthier eating habits that protect both people and the planet.

April 13 – Foraging: Unearthing Nature's Harvest
Brooklyne Wassel, University of Georgia

April 20 – Sustainable Agriculture
Warren Love, Foodshed Alliance

April 27 – Sustainable Seafood Explained
Max Mossler, University of Washington

May 4 – Food Donations & New Jersey Guidelines
Jennifer Shukaitis, Rutgers University

May 11 – The Value of Bivalves: Shellfish Aquaculture
Dr. Mike Acquafredda, Rutgers University

May 18 – Fish Smart, Eat Smart: NJ Fish Consumption Advisory Program
Dr. Dan Millemann, NJ Department of Environmental Protection

All webinars start at 6:30pm



To register for this webinar series, please visit:

<https://go.rutgers.edu/foodforthought>

This webinar series is a collaboration between two Extension programs: Earth Day, Every Day (E2D2) and the Marine Extension Program Seminar Series (MEPSS). If you want to learn more about E2D2 or MEPSS please visit <https://envirostewards.rutgers.edu/earth-day-every-day/> or <https://ocean.njaes.rutgers.edu/marine/marine-extension-program-seminar-series/>.