

Cool Food!

Did you know that UMD participates in the Cool Food Pledge? As a part of the Cool Food Pledge UMD has committed to reducing the climate impact of the foods they serve at the dining facilities by 25% by 2030. There are various cool food specials offered on campus but you can make every meal you eat a cool food meal and here's how!

1 Seek out the fruits and veggies!

Fruit and vegetable production produces the **least carbon emissions** of any food group.



2 Add whole grains!

Grains produce the **second lowest amount of carbon emissions**.



3 Try Plant-based Proteins!

Bean and legume production produces **minimal carbon emissions compared to animal protein sources**.



4 Minimize meat!

Meat and animal products produce **significantly more carbon emissions than any other food group**.

