

Fast Food

\$750

Highly genetically-modified; imported; unhealthy; unsustainable. Quick, easy, sometimes comes with a plastic toy! No dishes or grocery shopping needed. Burgers, pop, tacos and stir-fry for a month and it is ready in two minutes! What could be better?



Cheap Groceries

\$500

Highly genetically-modified; pesticide heavy; low nutrients; unsustainable. We're talking TV dinners, frozen chicken fingers, corn-dogs and frozen mixed vegetables. Easy and cheap: lots of money left for entertainment, investments, and presents for friends and emergencies.



Normal Restaurant

\$1250

A balanced choice of food groups; no grocery shopping and no dishes! Restaurants are more wasteful than home cooking. To keep the costs down and attract customers, food is imported, genetically-modified, not ocean-wise, and pesticide heavy: not sustainable. Some money left over for fun and emergencies.



Healthier Imported Groceries

\$1000

More expensive groceries: farmed salmon, California strawberries in January, pop, steak, avocados and bananas: the food is fancier, and healthier, but it is still genetically-modified, pesticides were used, it is not ocean-wise, and most was not locally produced. This is what many families you know tend to buy.



Gourmet Sustainable Restaurant

\$2000

Very fancy indeed--and environmentally friendly! You eat at amazing restaurants with delicious food: only local, organic, pesticide-free, ocean-wise ingredients. Very healthy for you and the planet, but also very expensive, leaving little money for fun, emergencies, or investment.



Local, Organic Groceries

\$1500

Expensive and time-consuming food choices. Many foods will not be available at different times during the year. Little money remains for health problems and luxury items. It is delicious, incredibly healthy, and excellent for the planet. You will feel good, look good, and work better with this environmental super-food.

