

In February

TASK OF THE MONTH

Eat green



Reduce the impact of what we eat...

“Food is the single strongest lever to optimize human health and environmental sustainability on Earth; Adopt a vegan, vegetarian or *flexitarian** diet, which is largely plant based but can occasionally include modest amounts of fish, meat and dairy foods.”

~ from the Summary
Report of the EAT-
Lancet Commission



thelancet.com/commissions/EAT



*Young people embrace the new *reducetarian* food movement;

<https://www.reducetarian.org/what>

In 2023 Project Drawdown rated **reduced food waste** and **plant-rich diets** at the top of 20 high-impact climate actions for households over the next 30 years;

<https://drawdown.org/solutions/reduced-food-waste>



...and of what is wasted!

Food waste is responsible for twice as many greenhouse gas emissions as commercial aviation in the US.

~The NY Times, 01/01/23

Ways to reduce food waste:

- ❖ **Plan meals** before shopping to avoid spoilage; Buying only what you are sure to eat will also reduce waste along the supply chain;
- ❖ **Buy local** when possible, which tends to stay fresh longer;
- ❖ **Compost** your food scraps to keep them out of the landfill.

See

Eat Lower on the Food Chain on the Earth Care website to learn about **how and why** to reduce dependence on animal products in our diet



Earth Care Bloomington

<http://www.earthcareindiana.org/>

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