

# In February

## 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](http://thelancet.com/commissions/EAT)



Many young people embrace



the **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>

## TASK OF THE MONTH



...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 and saves on shipping.
- ❖ **Compost** your food scraps to keep them out of the landfill.

### “**Eat Lower on the Food Chain**”

on the Earth Care website explains  
 **how and why** to reduce  
dependence on animal  
products in our diet.

<https://tinyurl.com/mv2x9ymc>



Earth Care Bloomington

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

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