

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](https://www.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>



TASK OF THE MONTH

...and of what is wasted!

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** whenever possible.
- ❖ **Compost** your food scraps to keep them out of the landfill.



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

~The NY Times, 01/01/23

Indiana Renewable Energy Day:
February 13th at the Statehouse

 **SOLAR UNITED
NEIGHBORS**



If you can't attend, you could call or write to your representatives!



Green Sanctuary Task Force on Global Climate Change

