

You care about the planet and you already reduce, recycle and reuse, but what you eat could have the biggest impact of all.

#### **Resources for Eating Sustainably**

From the Eating for Sustainability Group of the Climate Action Task Force

# Wake Robin

Vermont's Life Plan Community



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**NOTE:** These resources have links between the Home page and the topics addressed. Click on the underlined title and it will take you there.

It also has links to the annotated Resources-articles, audio stories, quizzes, etc. Again, click on the underlined title or link to access them.

If you are viewing this in your browser on Uniguest, you must click on the down arrow (download) in the upper right-hand corner to find those live links.





You care about the planet and you already reduce, recycle and reuse, but what you eat could have the biggest impact of all.

- <u>Why? How Do Food Choices Affect Climate?</u>
- How Do I Reduce My Climate Impact?
  - Postings to Wake Robin Connects, with links to resources
- <u>Aging Bodies: Eating and Health</u>
- Want More? A Deeper Look
  - <u>Recipes</u>



### Why? How Do Food Choices Affect Climate?

<u>Your Questions About Food</u> <u>and Climate Change,</u> <u>Answered - The New York</u> <u>Times</u>	Explains many foods' impact on climate and highlights 4 Takeaways and recipes.	
<u>Greenhouse gas emissions</u> per kilogram of food product	Provides an easy to understand visual explanation of the impact of our food choices	Graphic
How to Thrive As You Age: <u>This diet swap can cut your</u> <u>carbon footprint and boost</u> <u>longevity</u>	Advocates a more moderate approach on the impact of food on the environment.	Audio

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Eating for Sustainability



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#### How Do I Reduce My Climate Impact?

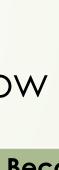
Eating for Sustainability

<u>What is a plant-based diet</u> <u>and why should you try it? -</u> <u>Harvard Health</u>	Definitions of different plant-based eating patterns and 8 ways to get started with specific suggestions and menus for all three meals.	
Healthy Plate, Healthy Planet https://www.gaplesinstitute.org/s ustainable_diets/	A 10-minute interactive guide shown as a slide presentation for healthy sustainable eating.	Interactive Slides
<u>'Not the End of the World'</u> author on tackling climate change: NPR	Hannah Ritchie's look at what humans are getting right.	Audio
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#### How Do I Reduce My Climate Impact?

How to Become a Vegetarian (or Simply Eat More Plants)	How to begin the switch to eating more plant-based foods.	
<u>What is Your Foodprint?</u>	A chance to see the environmental Foodprint of your personal diet.	<b>Ç</b> Quiz
<u>The Hidden Environmental</u> <u>Costs of Food</u>	A new way to expose the cost of what we eat that includes damage to the environment.	





Sustainable Healthy Eating As You Age

https://www.youtube.com/wat ch?v=X\_SI9SLxbzg

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> How to Thrive As You Age: <u>This diet swap can cut your</u> <u>carbon footprint and boost</u> <u>longevity</u>

<u>More...</u>

A 3-part 48-minute video:

1) Successful aging linked to nutrition;

- 2) Sustainable Food Choices, including protein;
- 3) Dietary patterns that support cognitive and cardiac health, and prevent physical decline.

Advocates a moderate approach on the impact of food on the environment.



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Video



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Eating for Sustainability

/	Healthy Plate, Healthy Planet https://www.gaplesinstitute.org/s ustainable_diets/	A 10-minute interactive guide shown as a slide presentation for healthy sustainable eating.	Interactive Slides
/	<u>Healthy Living Guide</u> 2023-2024	Elevate Your Plate section, p. 9-15.	
	<u>What is a plant-based diet</u> and why should you try it? - <u>Harvard Health</u>	Definitions: 8 ways to get started with specific suggestions and menus for all three meals.	
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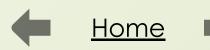
	<u>Quiz: Test Your Protein</u> <u>Knowledge - The New York</u> <u>Times</u>	Short, easy quiz with answers.	Quiz
ating for Sustainability	<u>Canada's Food Guide</u>	Tips for healthy eating, including a collection of 30-minute recipes with 10 ingredients or less.	
	DRI Calculator for Healthcare Professionals from National Agricultural Library	Enter basic body information about yourself, e.g., height, weight, age, etc. and discover your USDA minimum daily nutrient requirements.	
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	<u>Protein Content of</u> <u>Common Foods</u>	Johns Hopkins Medicine's list of protein content of commonly eaten foods.	
/	<u>13 of the Best Vegetarian</u> and Vegan Protein Sources	Turn to these foods for plant protein	

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### Want More? A Deeper Look

	/		
Eating for Sustainability	<u>Climate change food</u> <u>calculator: What's your</u> <u>diet's carbon footprint?</u>	What's your diet's carbon footprint? Choose from one of the 34 items in the calculator and note how often you consume it to learn more about your impact on the environment.	
	<u>Reducing the carbon</u> footprint of food globally	A presentation at Wake Robin 5/21/24 by Lini Wollenberg, Research Professor, UVM	Presentation Slides
	<u>What is Your Foodprint? -</u> <u>Quiz</u>	What you eat, where it comes from and how it was produced contribute to your Foodprint.	<b>Ç</b> Quiz
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Eating for	<u>What is a plant-based diet</u> <u>and why should you try it? -</u> <u>Harvard Health</u>	Definitions of different plant-based eating patterns and 8 ways to get started with specific suggestions and menus for all three meals.	
Sustainability	<u>Canada's Food Guide</u>	Contains a recipe collection: 30-minute recipes, 10 ingredients or less, and more.	
	<u>New York Times Cooking, The</u> <u>Veggie</u>	Tanya Sichynsky's weekly newsletter devoted to cooking delicious vegetarian recipes.	





