



*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

← [Home](#) →



**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.*

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



# Why? How Do Food Choices Affect Climate?

**Your Questions About Food and Climate Change, Answered - The New York Times**

Explains many foods' impact on climate and highlights 4 Takeaways and recipes.

**Greenhouse gas emissions 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: This diet swap can cut your carbon footprint and boost longevity**

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



Audio

Eating for Sustainability



Home





# How Do I Reduce My Climate Impact?

**What is a plant-based diet and why should you try it? - Harvard Health**

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/sustainable\\_diets/](https://www.gaplesinstitute.org/sustainable_diets/)**

A 10-minute interactive guide shown as a slide presentation for healthy sustainable eating.



**'Not the End of the World' author on tackling climate change: NPR**

Hannah Ritchie's look at what humans are getting right.



**More...**

Eating for Sustainability



Home



5



# How Do I Reduce My Climate Impact?

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



# Aging Bodies: Eating and Health

## Sustainable Healthy Eating As You Age

[https://www.youtube.com/watch?v=X\\_Sl9SLxbzg](https://www.youtube.com/watch?v=X_Sl9SLxbzg)

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.



Video

## How to Thrive As You Age: This diet swap can cut your carbon footprint and boost longevity

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



Audio

[More...](#)

Eating for  
Sustainability



[Home](#)





# Aging Bodies: Eating and Health

## Healthy Plate, Healthy Planet

<https://www.gaplesinstitute.org/sustainable-diets/>

A 10-minute interactive guide shown as a slide presentation for healthy sustainable eating.



Interactive  
Slides

## Healthy Living Guide 2023-2024

*Elevate Your Plate* section,  
p. 9-15.

## What is a plant-based diet and why should you try it? - Harvard Health

Definitions: 8 ways to get  
started with specific  
suggestions and menus for  
all three meals.

More...

Eating for  
Sustainability



Home





# Aging Bodies: Eating and Health

<b><u>Quiz: Test Your Protein Knowledge - The New York Times</u></b>	Short, easy quiz with answers.	? Quiz
<b><u>Canada's Food Guide</u></b>	Tips for healthy eating, including a collection of 30-minute recipes with 10 ingredients or less.	
<b><u>DRI Calculator for Healthcare Professionals from National Agricultural Library</u></b>	Enter basic body information about yourself, e.g., height, weight, age, etc. and discover your USDA minimum daily nutrient requirements.	
<b><u>More...</u></b>		

Eating for  
Sustainability



# Aging Bodies: Eating and Health

## Protein Content of Common Foods

Johns Hopkins Medicine's list of protein content of commonly eaten foods.

## 13 of the Best Vegetarian and Vegan Protein Sources

Turn to these foods for plant protein

Eating for  
Sustainability





# Want More? A Deeper Look

## Climate change food calculator: What's your diet's carbon footprint?

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.

## Reducing the carbon footprint of food. . . globally

A presentation at Wake Robin 5/21/24 by Lini Wollenberg, Research Professor, UVM

Presentation Slides

## What is Your Foodprint? - Quiz

What you eat, where it comes from and how it was produced contribute to your Foodprint.



Quiz

Eating for Sustainability



Home



# Recipes

## What is a plant-based diet and why should you try it? - Harvard Health

Definitions of different plant-based eating patterns and 8 ways to get started with specific suggestions and menus for all three meals.

## Canada's Food Guide

Contains a recipe collection: 30-minute recipes, 10 ingredients or less, and more.

## New York Times Cooking, The Veggie

Tanya Sichynsky's weekly newsletter devoted to cooking delicious vegetarian recipes.

Eating for  
Sustainability



Home

