

Diet and climate change

Have you been wondering about the link between diet and climate change? During the Season of Creation (September/October), each of us is invited to adopt a new practice beneficial to the environment.

The production and consumption of animal products is one of the top three sources of carbon emissions worldwide. Moving to a meatless meal at least once a week is one of the most effective contributions an individual can make to reducing their carbon footprint. To read more, check out the Harcourt library and these links.

<https://www.cbc.ca/news/technology/food-climate-change-carbon-footprint-1.4930062>

<https://www.universityofcalifornia.edu/news/how-your-diet-affects-climate-change>

<https://www.theguardian.com/environment/2018/oct/10/huge-reduction-in-meat-eating-essential-to-avoid-climate-breakdown>

Like to give this a try as your eco practice for the season? If this is your choice, why not join others for some fun around a vegetarian meal cooked by your host in their home midway through the season. This will be a good opportunity to compare notes and learn tips of the trade.

The lunch has been set for October 6 at 12:30. Sign up sheets are available in the Greeting Area from September 8 to 22.

Our hosts look forward to sharing a vegetarian meal with you.