

EARTH WEEK THREE

SUSTAINABLE BINGO:



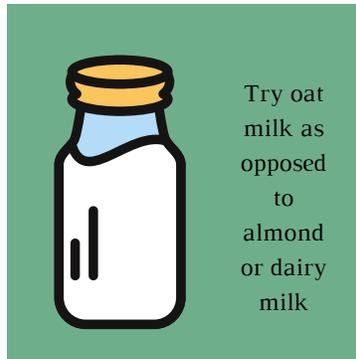
Sustainable Food

How to play: Let's play bingo! Cross off each sustainable practice you do this week! If you cross off seven out of nine boxes, turn this sheet into CLC at the Lancer Zone Bookstore! Complete all four Bingo sheets to a win prize, including a reusable straw or bamboo utensils!

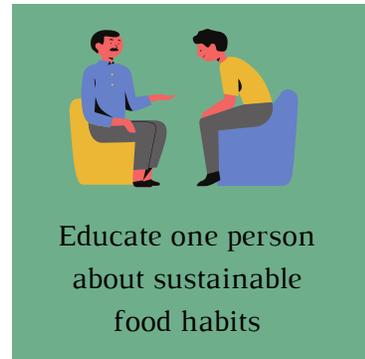
TAG 3 FRIENDS TO SHARE YOUR JOURNEY



Go a day without eating meat



Try oat milk as opposed to almond or dairy milk



Educate one person about sustainable food habits



Find your nearest farmers market



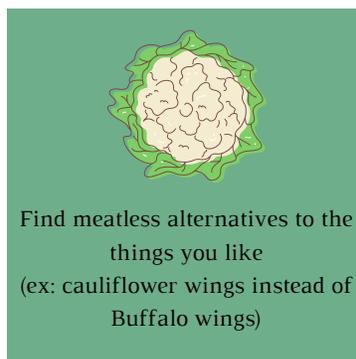
Buy seeds to start your own veggie garden at home



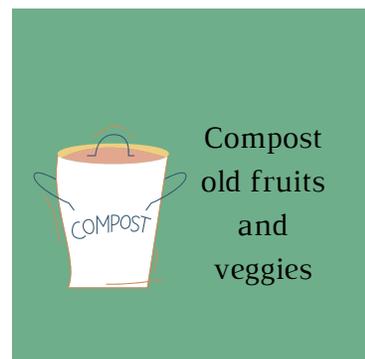
Find a meatless or dairy free recipe to follow



Make coffee/ tea at home instead of purchasing one



Find meatless alternatives to the things you like (ex: cauliflower wings instead of Buffalo wings)



Compost old fruits and veggies

Food is essential for survival, but many people don't realize that certain foods have a large, negative effect on the environment. Consuming foods that create less pollution is a great way to help the planet!

Extra Resources.

SUSTAINABLE FOOD

Why oat milk?

Out of all the milks, oat milk is actually the most sustainable. The production of both dairy and almond milk release a lot of green house gasses into the atmosphere. Almond milk also requires a high amount of water consumption that can be quite wasteful, something that oat milk does not need.

To read more about Almond milk's toll on the environment, check out this article!

<https://sustainability.ucsf.edu/1.713>

Why Not Meat?

The consumption of and demand for meat causes a lot of pollution. Cows, chickens, etc. release large amounts of methane gas into the atmosphere that is dangerous to the environment.

Learn more about how switching to a more plant based diet is better for the environment!

Veggies vs. Meat:

<https://www.greenamerica.org/eat-less-meat-cool-planet>

The Plant Proof Podcast:

(Available on Apple Podcasts and Spotify)

<https://podcasts.apple.com/us/podcast/plant-proof-evidence-based-nutrition/id1367773989>

Growing a Veggie Garden?



Growing a vegetable garden is a great way to bring sustainability into your home! Growing food in your backyard decreases transportation and energy pollution, as well as always allowing food to be completely fresh!

Want to check out why home veggie gardens are sustainable? Here's a link to learn more!
<https://www.onegreenplanet.org/environment/how-growing-your-own-food-can-benefit-the-planet/>

Not sure how to get started or want more information on how to grow a successful garden? Here's a link to teach you how!

<https://www.bhg.com/gardening/vegetable/vegetables/planning-your-first-vegetable-garden/#:~:text=Decide%20whether%20you%20want%20to,last%20frost%20in%20your%20region.>

