

CLIMATE FRIENDLY EATING CHALLENGE

Take the 31-Day Challenge!

Climate Friendly Eating Challenge (check all that apply)

I am already eating an 80% organic plant-based diet.

□ I will participate by going 100% organic, local, and plant-based on or before May 31.

I am currently eating a diet of animal products along with some fruits, vegetables, and other plant foods.

I will aim for an 80% organic, local, plant-based diet by May 31 and choose organic, grass fed/grass-finished, certified humane, pasture-raised meat, eggs and dairy and organic, sustainable, farmed fish that is raised without toxic chemicals. My food will be minimally packaged and will be grown by local farmers using carbon reducing sustainable practices.

I am currently eating a diet of animal products along with some fruits, vegetables and other plant foods.

I will aim for a 100% organic plant-based diet by May 31. I will bring organic plant-based foods to all events I attend in May.

One Day Challenge (or in addition to 31 Day Challenge)

I will participate by eating an organic plant-based diet on Memorial Day and will learn good recipes for my favorite Memorial Day foods. If

I attend a gathering on that day I will bring organic, local, plant-based foods and introduce them to the people at the gathering as my contribution to reducing greenhouse gases and initiate a conversation about this topic.

Long-term Challenge (in addition to 31 Day Challenge)

I will consider long-term changes to my diet that reduce greenhouse gases by eating more whole and unprocessed foods as well as shopping locally to support small organic and biodynamic farms with sustainable practices.

For more information go to www.SonomaCountyCAN.org

The Sonoma County Climate Activist Network (SoCoCAN!) is a strong and active network of 50+ local climate change groups and hundreds of individuals working together to address and reverse climate change. Our network shares information, coordinates efforts, and serves to support all organizations in the network to maximize our impact. When we support each other and work together we succeed.