

Mindful Eating

350.org Six Week Environmental Education Program

1. One person eating just one less meat meal a week saves 1040 lbs of carbon dioxide from entering the atmosphere. Meat is grain, fertilizer, transportation and processing intensive. All require massive amounts of fossil fuels.
2. Produce loses 40% of its nutritional value within 5 days of being picked. Eating fresh local food from a farmers market picked yesterday or this morning gives you nearly twice the nutrition as buying food trucked in from California or Florida.
3. Use an activated carbon water filter on your tap or in a pitcher and a reusable water bottle and save some of the 1.5 billion barrels of oil used to make the plastic water bottles Americans buy each year. Save money on the weekly cost of buying and hauling home cases of water. Try a taste of Britta water from the simple pitcher carbon filtering system. You just may be transported to your best memory of a mountain vacation because it tastes like mountain air and sunshine in a glass.
4. Buy in bulk (from the bins at a store such as Whole Foods) and save over half the price of packaged goods as well as the energy required to package the oatmeal and then box the packages. Use your savings to buy organic produce and your food bill will stay about the same.
5. 51% of your diet must be from raw foods to keep your body from having the toxic build up caused by the molecular changes in cooked food.
6. Artificial sweeteners work by hyper activating nerve endings in your brain, shaking them to death. The process produces acetone which poisons your entire body. Studies show that those who use artificial sweeteners typically gain more weight than those who do not because their body chemistry becomes confused as well as polluted. Eat a piece of fruit and taste a real sweet delight. Your brain and your body will radiate from good health, not toxic waste!