



# Climate & Cooking

## Recipe Book With a Climate Focus

ENCOURAGING CLIMATE FRIENDLY MEALS FOR  
EVERYONE



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**CLIMATE CHANGE AWARENESS & ACTION**  
[WWW.CLIMATECHANGE-ACTION.COM](http://WWW.CLIMATECHANGE-ACTION.COM)

**BREAD & ROSES COLLECTIVE**  
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# **CLIMATE CHANGE AWARENESS AND ACTION**

## **EDUCATING OTHERS AND ACTIVELY WORKING TOWARDS REVERSING THE HUMAN-CAUSED CLIMATE DISRUPTION THAT THREATENS THE EARTH**

The mission of CCAA is to reduce the amount of greenhouse gases in the atmosphere through individual and community education and action while supporting fair and just public policies and legislation.

CCAA invites you to take the CNY Carbon Challenge, first by looking introspectively at your lifestyle and learning how it contributes to carbon emissions and climate change, then by completing six missions laid out to help individuals discover what they can do to reduce their carbon footprint. Let's see what we can do together to make a dent in climate change!

## **BREAD AND ROSES COLLECTIVE**

### **COOPERATIVE LIVING, ECOLOGICAL SUSTAINABILITY, AFFORDABLE HOUSING**

The Bread and Roses Collective House provides a model of cooperative living, ecological sustainability, and affordable housing situations in the heart of the city. We live in two beautiful houses in the Westcott neighborhood in Syracuse, NY. We grow most of our own vegetables June through October, and preserve many types of foods for the winter such as jams, ketchup, salsas, pickles, and tomatoes.

We have a strong commitment to social justice and community participation. We have organized and led workshops on consensus process and democratic decision making, food preservation, composting, bike fixing, making salves and lotions, natural dyes and much more.





# Recipes

## All Vegan Meals

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Marinated Mushrooms

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Gazpacho

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Spring Rolls

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Tomato and Onion, Sage Oil Gnocchi

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Vegetable Pappardelle with Herb Oil and  
Toasted Pumpkin Seeds

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Tomato Summer Squash Waffles

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Frozen Berry Sorbet and Agua Fresca

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Mint Tea and Sumac Tea

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# THE GLOBAL FOOD SYSTEM

by Yvonne Chu, Climate Change Awareness & Action

Global food security is affected by climate change. The current food system (storage, transportation, production, packaging, consumption, and disposal of food) is disrupted by major shifts in the climate. At the same time, that same food system contributes to a large portion of greenhouse gas emissions, perpetuating the problem. (USDA, 2025).

The largest food-related greenhouse gases are connected with agriculture and land use, mainly from raising cattle, fertilizers from crop production, and clearing forests. Other less impactful, but still important greenhouse gas emissions of food production are caused by refrigeration and transport of food, packaging, and management of food waste. (United Nations, 2024)

Information taken from Our World In Data, a scientific online publication that focuses on large global problems, shows that food production accounts for over a quarter (26%) of global greenhouse gas emissions, about half of the world's habitable land is used for agriculture, and 70% of global freshwater withdrawals are used for agriculture.

Climate change will make it more difficult to move food from areas with surplus production to areas of scarcity, with those living in economically poorer and tropical regions being the most affected.

What can you do? Change the current food system by reducing the demand for agriculture and land use that produce large amounts of greenhouse gas emissions. In simple terms: eat healthier meals, cut your food waste, cook sustainable recipes with local ingredients, and reduce the use of plastics and packaging needed.



# Marinated Mushrooms

## INGREDIENTS

- ½ pound of fresh or canned mushrooms
- 6 tablespoons olive oil
- 3 tablespoons wine vinegar
- 1 teaspoon dried tarragon
- Dash celery salt
- 1 teaspoon grated onion
- ½ teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 clove crushed garlic

## DIRECTIONS

- Wash fresh mushrooms or drain canned mushrooms.
- Combine remaining ingredients.
- Pour over mushrooms. Stir to coat mushrooms with marinade.
- Cover, chill 6 to 8 hours, stirring gently several times. The mushrooms will darken.
- Serve on food picks.

### NOTES

This recipe comes from Best of the Best from Louisiana, Quail Ridge Press, 1986.

## FOOD WASTE

by Lydia McFarland, Climate Change Awareness & Action

In the United States, it is estimated that about one third of food made for human consumption is wasted or lost (USDA, 2022). When food goes to waste, all the energy, material, and labor used to produce and distribute it is also wasted. Additionally, food that decomposes in landfills produces methane, a more powerful greenhouse gas than carbon dioxide. Although corporations account for much of this waste, it is still worthwhile for individuals and households to do their part in reducing food waste.

Here are just a few of the many ways to help:

- Store produce optimally
  - Knowing which fruits and vegetables stay fresh longer in or out of the fridge can be helpful in keeping your food fresh and saving money while helping the environment.
  - Here is a helpful guide to produce storage! (Smart Storage, 2016)

INSIDE THE FRIDGE	OUTSIDE THE FRIDGE
<ul style="list-style-type: none"><li>• Apples, berries, and cherries</li><li>• Grapes, kiwi, lemons, and oranges</li><li>• Melons, nectarines, apricots, peaches, and plums (after ripening at room temperature)</li><li>• Avocados, pears, tomatoes (after ripening at room temperature)</li><li>• Almost all vegetables and herbs</li></ul>	<ul style="list-style-type: none"><li>• Bananas, mangos, papayas, and pineapples: store in a cool place</li><li>• Potatoes and onions: store in a cool, dark place</li><li>• Basil and winter squashes: store at room temperature— once cut, store squashes in fridge</li></ul>

- Avoid overbuying perishables
  - When buying foods that have a limited shelf life, be mindful of how much you or your household will use before the expiration date to make sure you aren't buying more than that. Additionally, using your older products before your newer products helps prevent food from expiring.
- Consider composting
  - Composting prevents food scraps and other organic materials from going to waste by turning them into nutrient-rich soil. Even if you don't have a garden, it's still possible to compost your food scraps. Consider using the following to compost with limited space! (Brightly, 2020)
    - Worm composting bin
    - Bokashi composter
    - Electric food digester
    - Community or school garden compost



# Gazpacho

## INGREDIENTS

- Tomatoes
- Other Veggies (suggested): Cucumbers, peppers, radishes, spinach, onions, and shallots or whatever else is in season
- Herbs: cilantro, basil, parsley, sage, oregano, mint
- Bread (optional)
- Olive oil
- Vinegar or Lemon Juice
- Salt
- Spices: ground or cracked peppercorn, cayenne, sumac, mustard powder, paprika, ginger, and coriander seeds

## DIRECTIONS

- Coarsely chop your tomatoes, vegetables, herbs, and bread (optional).
- Add the chopped tomatoes, vegetables and herbs to a powerful food processor and puree them together until they're smooth.
- Add as much oil, vinegar, bread, salt, and spice as you'd like to the vegetables and then puree them again. (If you're not sure how much to add, start by adding small amounts of each ingredient to the gazpacho and then tasting it before adding more).
- Eat the soup immediately or let it chill in the fridge for a few hours.

## NOTES

Macerating the tomatoes by doing a rough chop, adding a little bit of salt a 20+ minutes ahead of blending the ingredients together can help bring out more flavors.



# Spring Rolls

## INGREDIENTS

- Rice paper
- Fresh vegetables (suggested): lettuce, carrots, cucumber, bean sprouts, red cabbage
- Herb mix: mint, cilantro, basil, green onions
- Cook vermicelli rice noodles
- Peanut sauce:
  - ½ cup creamy peanut butter
  - 2 tablespoons rice vinegar
  - 2 tablespoons tamari or soy sauce
  - 2 tablespoons honey or maple syrup
  - 1 tablespoons toasted sesame oil
  - 2 cloves garlic, pressed or minced
  - 2 to 3 tablespoons water, as needed.

## DIRECTIONS

- Quickly place one sheet of rice paper in warm water and carefully lay it on a plate. Let it rest for about 20 seconds, give or take.
- Leaving about 1 inch of open rice paper around the edges, cover the lower third of the paper with a few pieces of lettuce, followed by a small handful of cooked vermicelli rice noodles, some thinly sliced cabbage, and a few strips of julienned carrot, julienned cucumber and beansprouts.
- Lay flat the herb mix alongside the vegetables.
- Fold the lower edge up over the fillings, rolling upward just until the filling is compactly enclosed. Fold over the short sides like you would to make a burrito. Lastly, roll it up. Repeat with the remaining ingredients.
- Eat with the side of peanut sauce.
- To make the peanut sauce: In a small bowl, whisk together the peanut butter, rice vinegar, tamari, honey, sesame oil, and garlic. Whisk in 2 to 3 tablespoons water, as needed to make a super creamy but dip-able sauce.

### NOTES

Spring rolls can be made with any combination of in-season veggies and even some fruit! It is suggested that the ingredients are not excessively wet as it can affect the rice paper.

## **GROWING AND EATING LOCALLY**

by Pete Wirth, Climate Change Awareness & Action

I came to CNY from NYC in 1967 to attend college and stayed after I graduated in 1971. CNY has been my home ever since.

While I grew up in a neighborhood of row brick houses, I caught my "gardening bug" from my grandmother who had a small farm and ran a "mom and pop" boarding house in Greene county in the Catskills. I didn't realize how lucky I was to have caught that "bug." There is nothing like the magic of putting a tiny seed in the ground and weeks, months later eating what you have grown. I have been gardening since 1971, first in an "adopt a lot" —land provided by the City of Syracuse for residents to garden — then a home I purchased on S.Beech St. in the University area, and today in Fayetteville where I have a 40 by 40 vegetable garden. There is nothing like going outside and picking a fresh tomato or some arugula to put on top of your pizza.

Additional benefits are utilizing all your vegetable scraps to be thrown on the compost pile and getting an appreciation for soil. What was once hard clay is now good loamy soil to grow vegetables in. You get an appreciation for the "long game" as it takes years to change the composition of soil. What a finer tribute to think you will leave good soil behind for the next generation.

If you don't have the gardening bug or have the means to access a community garden or have a personal garden, you can find local produce from Farmer's Markets and Co-ops in Syracuse: the Downtown Farmers Market located in Clinton Square every Tuesday through October, even better is the Regional Market, on the North side at 2100 Park St. It opens at 7 am on Saturday year round. Or another option is the Syracuse Cooperative Market, a community grocery store.





# Tomato and Onion, Sage Oil Gnocchi

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## INGREDIENTS

- 1 lb. potatoes. Yukon Gold and Russet potatoes work particularly well, but any potato will work.
- 1 cup AP Flour OR 1/2 cup GF flour + some extra.
- 4 large Tomatoes.
- 4 sweet Onions
- Oil or Vegan Butter
- Fresh Sage. You can use thyme or oregano instead if you'd like.
- Bay Leaf. Optional, but recommended.
- Salt to taste.

## DIRECTIONS

- Cut your onions into thin slices and place them in a pot with  $\frac{1}{4}$  cup water and 2 tablespoons of oil or vegan butter. Turn the heat on high and stir the onions every 2 minutes until there is no more steam coming from the onions. Then turn the heat on low and stir the onions every 5 minutes until they are sweet and have a jammy consistency (25-30 min).
- While your onions cook, peel your potatoes and cut them into large cubes that are the same size. (You can save the potato scraps for potato skins, vegetable broth, or compost).
- Boil the cubed potatoes in water until you can easily stick a fork into them. Then mash the potatoes with a potato ricer, food mill, or fork.
- Mix 2 tbs. of oil or vegan butter into the potatoes and let the potatoes cool until you can comfortably touch them. Then add 1 cup of flour to the potatoes and use clean hands to form a dough. If the dough is still sticky after you've added the 1 cup of flour and let the potatoes cool for a bit, keep adding small amounts of flour until your dough is no longer sticky.
- Sprinkle lots of flour onto a table and turn your dough out onto the table. Form a thin log with the dough and slice the log into small gnocchi shapes. You can roll each gnocchi on the back of a fork to make ridges if you'd like.



- Bring water to a boil and add salt to the water (1 tbs for every 4 quarts - although you can reduce this ratio of salt to water or use unsalted water if you'd like). Simmer the gnocchi in the water until they float (1-3 minutes).
- Heat oil or butter in a pot until you can put a sage leaf in it and it bubbles, but the oil doesn't smoke. (If the oil smokes, turn the heat down). Add fresh sage to the oil and let it fry until the sage leaves are crispy. Then turn off the heat, remove the sage leaves, and let them dry on a towel.
- Cut the tomatoes into large cubes and add them to the sage oil. Turn the heat onto medium and mash the tomatoes. Season the tomatoes with salt and cracked pepper.
- Crumble the sage and add it to the tomatoes. Add the caramelized onions and let the sauce simmer for 1-2 minutes. Toss the gnocchi in the sauce and enjoy!

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## **IMPACT OF EATING MEAT**

by Ken Johnson, Climate Change Awareness & Action

Gidon Eshel, Professor of environmental physics at Bard College, notes the most impactful dietary change is drastically reducing our consumption of one food item: beef. The 0.3 ounces of protein in a hamburger result in the emission of 4.4 pounds of CO<sub>2</sub> and requires the use of 16.4 to 115 square feet of land. Further, 0.3 ounces of beef protein requires between 26-156 gallons of water for irrigation and between 1.3 ounces and 1.2 pounds of nitrogen fertilizer.

Re-dedicating farm land to soybeans, kidney beans, spelt, sorghum, lentils, barley, oats, chickpeas and wheat would produce an equivalent amount of plant-based protein as beef, yet use significantly less nitrogen fertilizer and water while producing much less greenhouse gases. This reduction in CO<sub>2</sub> gases is important because as greenhouse gases increase in the atmosphere, crops such as rice, corn, wheat, corn and soy lose amounts of iron, zinc, and protein (Meyers, S.S., 2023).

# Vegetable Pappardelle with Herb Oil & Toasted Pumpkin Seeds

## INGREDIENTS

- 1 1/4 cups (100 grams) of Fresh Vegetables\*. Leafy greens like kale or root vegetables like carrot.
- 1 2/3 cups (200 grams) AP Flour + extra.  
OR You can use GF flour
- Oil or Vegan Butter.
- Garlic
- Herbs Basil, sage, oregano, dill
- Lemon Juice or Sumac.
- Pepitas (Pumpkin Seeds).
- Ground or cracked peppercorns and red chili flakes (Optional)
- Nutritional Yeast (Optional)
- Salt to taste.



## DIRECTIONS

- Bring a pot of water to a boil and fill a separate bowl with ice water. Cut your vegetables into bite-size pieces. Boil the vegetables until their color brightens (15-30 seconds), then immediately take them out and place them in the ice water. Once the vegetables have cooled in the water, transfer them to a food processor. Use the food processor to make a smooth vegetable puree.
- Transfer the puree to a bowl and install the dough hook for your food processor. Add the vegetable puree back into the food processor along with 1 2/3 cups flour and use the food processor to create a dough. If you can't use a food processor to create a dough, dump 1 2/3 cups of flour onto a clean surface and make a hole in the middle about the size of your fist. Pour the vegetable puree into the hole and then start mixing the flour and puree together. Once your dough forms and there are no more bits of flour that need to be incorporated into the dough, shape the dough into a ball and cover it completely with clean cloth. Let the dough rest for anywhere from 1 hour to 24 hours.

- When you're ready to make pasta shapes, break the dough ball up into quarters, and wrap three remaining pieces in cloth to keep them from drying. Dust the first ball with flour and dust your rolling pin. Roll the dough out until you reach about 1/8-inch thickness. Then cut your dough into long, fat strips. (You could also make fettuccine by making thinner strips or make bow ties by cutting the dough in squares and pinching 2 opposite sides of each square together in the middle). Sprinkle a bit of flour onto your pasta shapes and set them aside while you make the rest of the dough balls into pasta shapes.
- Slice or mince garlic. If you're using herbs with woody stems (like thyme, oregano, sage, or rosemary), add the herbs to a pot with some oil. (About 1 1/2 tablespoons of oil per person is good). Heat the oil on low until the herbs start to bubble and brown. Let the herbs bubble for 1-2 minutes, then add the garlic and let the oil cook for another 1-2 minutes. Turn the heat off when the garlic is light brown. If you're using more delicate herbs (like basil or dill), puree the herbs with oil in a food processor.
- Toast pumpkin seeds in a dry pan, tossing them every few seconds. When the seeds start to brown slightly, transfer them to a spice grinder or food processor and coarsely grind them. Set them aside.
- Bring water to a boil and add salt to the water (1 tbs for every 4 quarts - although you can reduce this ratio of salt to water or use unsalted water if you'd like). Simmer the pasta in the water until it's very al dente (1-3 minutes). Then use a spider or slotted spoon to transfer pasta to the herb oil. Add 1-2 tablespoons of pasta water to the pot. Cook the pasta in the herb oil for 30 seconds. Squeeze or drizzle some lemon juice on the pasta or sprinkle some sumac on the pasta. Add some nutritional yeast, red pepper flake or cracked pepper to the pasta if you'd like. Sprinkle the toasted pumpkin seeds and chopped fresh herbs on the pasta immediately before serving.

# Tomato-Summer Squash Waffles

## INGREDIENTS

- 1 tbs Ground Flaxseed
- 3 tbs Warm Water
- 1 cup Flour (AP or GF)
- 3/4 tsp Baking Powder
- 1/4 tsp Baking Soda
- Salt and Black pepper to taste
- 1/2 cup Vegan Milk or Yogurt
- 2 Grated Very Ripe Tomatoes or 1/3 cup Tomato Sauce
- 2 cups Grated Zucchini
- 1 tsp Lemon Juice
- 1 1/2 tbs + Extra Oil
- 1/2 tsp Turmeric (Optional)



## DIRECTIONS

- Mix the ground flaxseed with 3 tbs of warm water and let it sit for at least 1 minute.
- Meanwhile, whisk flour, baking powder, baking soda, salt, black pepper, and turmeric together.
- Then add in the milk or yogurt, soaked flax seed, tomatoes or tomato sauce, grated zucchini, & oil.
- Mix all the ingredients together until they're just combined so you avoid overmixing. The waffle batter should be like very thick.
- Coat a waffle-maker with oil. Pour the waffle batter into the waffle maker & cook each waffle until the waffle maker indicates it is done on both sides.
- Suggested: Serve the waffles with vegan butter, chili oil, pesto, hummus, lemon-garlic tahini dressing, pickled vegetables, thinly sliced radish or carrot, microgreens, fresh herbs, sauteed greens, caramelized onions, toasted nuts and seeds, or other savory ingredients.

## **INDUCTION COOKING - A BETTER WAY TO COOK**

Information by Cornell Cooperative Extension at Tompkins County

Induction cooktops create magnetic fields that excite the metal base of your cookware, heating it up. This is a much more efficient process than traditional electric resistance heating—90% of the heat made by induction goes directly to the food (with an electric range it's 65-70%; for gas it's only 40-55%).

Induction cooking allows for even finer temperature control, especially at low temperatures, than gas. And because it puts most of the energy into the food instead of the surrounding air, induction actually heats up food even quicker. Boiling water can take a fraction of the time!

Induction cooktops use electricity but they're significantly more efficient than electric resistance cooktops (the glowing coils you may be more familiar with). So, they use less energy overall. That makes them an excellent choice as part of an overall strategy to eliminate fossil fuels in your home to help address climate change.

Indoor use of fossil fuels like gas and propane also has more immediate consequences. While all types of cooking can release high concentrations of particulates—tiny particles that are harmful to the respiratory and circulatory systems—cooking with gas is particularly harmful.

Cooking with gas releases dangerous chemicals that affect indoor air quality, including carbon monoxide and nitrous oxides. Studies show that particulate emissions can be twice as high when cooking with gas versus electricity. Homes with gas have significantly higher incidences of asthma and other health problems. Cooking is the single largest source of particulate emissions in most homes. So, if possible, install and use your exhaust fan, and reduce the amount of gas in your home.

# INDUSTRIAL FARMING AND ORGANIC AGRICULTURE

by Jasmine Collins, Bread and Roses Collective

Industrial farming produces a lot of greenhouse gas emissions. The USDA Economic Research Service found that 10.6% of the U.S.'s greenhouse gas emissions in 2021 came from farming activities. Regenerative agriculture plays an important role in fighting climate change by reducing U.S. greenhouse gas emissions (NRDC). Because organic farms that practice regenerative agriculture don't use synthetic fertilizers and pesticides, they help prevent the release of greenhouse gases like methane and nitrous oxides from soil. Studies by the United Nations Food and Agriculture Organization have consistently shown that organic farming systems which often use regenerative techniques release fewer greenhouse gases over their entire production cycle than conventional farming systems. Organic farms using regenerative techniques also increase the ability of soil to pull carbon dioxide out of the atmosphere, which helps us to stop our planet's climate from getting warmer (FAO, Skinner).

Regenerative practices furthermore promote soil health and preserve biodiversity. Climate change will make it difficult to grow food in places where food has been grown for centuries, so improving soil health in areas where food can still grow is an important way that we can adapt to climate change. Many species of plants, animals, and other living things are at risk of going extinct because of climate change, but we can help to protect species by switching to regenerative agriculture. Supporting regenerative farming is a great way to fight climate change because regenerative farms have lower greenhouse gas emissions, store carbon, protect soil health, and preserve the diversity of species on our planet.

# Frozen Berry Sorbet

## INGREDIENTS

- Frozen Fruit. Any fruit will work.
- Lemon or Lime Juice to taste.
- Maple Syrup to taste.
- Spices. Powdered ginger and fresh mint work well



## DIRECTIONS

- Add frozen fruit and water to a food processor. Use the food processor to make a smooth, thick puree out of the fruit.
- Add as much maple syrup, lemon or lime juice, and spice as you'd like.
- Serve the sorbet immediately or let it harden in the freezer for a few hours.

### NOTES

Replace water with plant milk to make sherbet. High-fat oat milk works really well and is a sustainable option.



# Agua Fresca

## INGREDIENTS

- 4 cups Fruit (suggested): strawberries, cucumber, cantaloupe, honeydew, watermelon
- 4 cups Water
- Sugar or maple syrup to taste

## DIRECTIONS

- Place the fruit in a blender with 2 cups of water and sugar, puree until smooth.
- Pour the blender contents into a pitcher, add the 2 extra cups of water and ice.
- Taste for sweetness. Add more sugar if needed.
- Optional: strain the fruit puree or add more water for a thinner consistency.
- Serve immediately and enjoy!

### NOTES

Adding optional ingredients like mint or lime can enhance the flavor of the agua fresca. Sugar may not be needed if the fruits chosen are in season and naturally sweet.





# Mint Tea

## INGREDIENTS

- Fresh or dried mint
- Water
- Maple Syrup (optional)
- Lemon Juice (optional)

## DIRECTIONS

- Pour boiling hot water over mint and steep for 3-5 minutes.
- Add as much maple syrup and/or lemon juice as you'd like.
- When the tea cools down, add ice and serve.

# Sumac Tea

## INGREDIENTS

- Fresh or dried locally-foraged sumac berries
- Water
- Maple Syrup (optional)
- Lemon Juice (optional)



## DIRECTIONS

- Pour boiling hot water over sumac berries and steep for 10-15 minutes.
- Add as much maple syrup and/or lemon juice as you'd like.
- When the tea cools down, add ice and serve.

## NOTES

Staghorn Sumac is considered a weedy eastern US species and is cultivated as an ornamental plant throughout the US, meaning it can be found easily and in abundance. The fruits can be gathered in late summer or early spring.

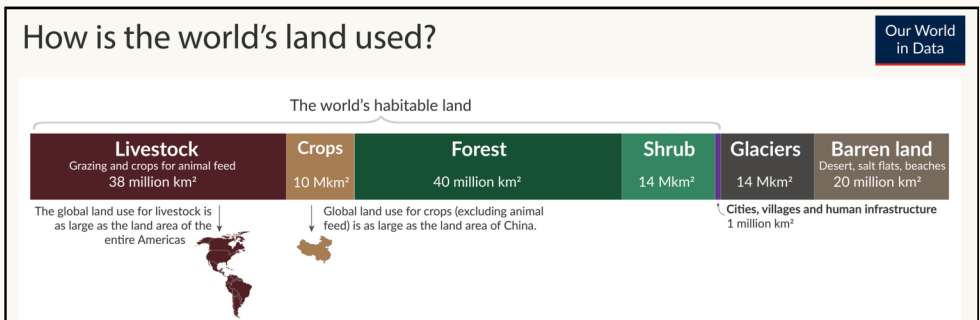


## CLOSING STATEMENT

Food is necessary to sustain life and is an important part of culture. It can be integral to bringing people together to have conversations, share ideas, and pass on values from one generation to another. The opportunity for a shared experience through food culture could be a bridge to reestablish a relationship with the earth as we learn to navigate an environment that is changing around us.

Climate change is connected to our food system. How we farm and what we eat significantly impacts carbon emissions. Something as simple as reducing your consumption of red meat can have a significant impact.

Now is the time to make changes to how we use and develop the world's habitable land by making changes to how we interact with the food system.



In our households, we can demand less from livestock, support local farmers and growers by shopping at farmer's markets, compost and use less fossil fuel energy by switching to electric/induction cooking. Treat yourself to an induction hot plate!

We can support policies that emphasize regenerative agriculture practices, reduce demand for land for livestock, and incentivize through progressive tax policies, grants and rebates appliances that steer us away from fossil fuel energy. We can use food as an opportunity to create positive interactions that are safe for people to discuss how we build resilience and progress in a world that is changing around us.

While there is no "magic silver bullet" to deal with the crisis of climate change, we can be a part of the solution.

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