GreenerBloomfield

IMPROVING THE ENVIRONMENT STARTS WITH YOUR FORK

According to a survey by Inc. magazine, 71% of Americans said that eating healthier is their top resolution for 2019. Eating more fruits, veggies, beans, nuts, whole grains and seeds may be part of this goal, but did you know that there are even bigger environmental benefits to a plant-based diet?

- The United Nations Food and Agriculture Organization (FAO) estimates that livestock production is responsible for 14.5% of global greenhouse gas emissions – more than the emissions from all forms of transportation combined
- Twenty servings of vegetables have fewer greenhouse gas emissions than one serving of beef (University of Minnesota)
- If all grains were fed to humans instead of animals, we could feed an extra 3.5 billion people (United Nations FAO)
- New research shows that without meat and dairy consumption, global farmland use could be reduced by more than 75% – an area equivalent to the US, China, European Union and Australia combined – and still feed the world (University of Oxford)

If interested in learning more about the personal and environmental benefits of plant-based diets, check out the following documentaries:

Forks Over Knives

What The Health

Cowspiracy: The Sustainability Secret

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Join us for our upcoming events!

Composting Workshop
At **Bloomfield College Library** on **Saturday, March 30th** from **10:30a - 12p**

Hosted by award-winning environmental educator Virginia Lamb, you'll learn how you can compost and reduce food waste at home. Snacks, beverages and giveaways included!

Earth Day Festival
At **Brookside Park** on **Sunday, April 28th**

Information, activities, and giveaways including:

- **River Clean-up**
- **Young Tree Giveaways**
- **Recycling Information**
- **Learn about Gardening, Butterflies, and Composting**

Greener Bloomfield's goal is to become a more sustainable town by working with the township to implement Sustainable Jersey projects while also encouraging residents to adopt sustainable habits. Meetings are on the first Thursday of the month at the Civic Center. Find out more at www.facebook.com/GreenerBloomfield or Greenerbloomfield.org.