

**SIX WEEK ENVIRONMENTAL EDUCATIONAL SERIES;  
(Inserts to weekly UCOP service bulletins)**

**Week One:**

Issue: Fruits and vegetables lose about 40% of its nutritional value within five days of being picked.

What You Can Do: Buy 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.

**Week Two:**

Issue: Food products travel an average of about 1,500 miles to get from the field to your grocery store. Transporting food accounts for 30,800 tons of greenhouse gas emissions every year.

What you can do: By eating just one less meat meal a week it 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.

**Week Three:**

Issue: Approximately 10 billion animals (chickens, cattle, hogs, ducks, turkeys, lambs and sheep) are raised and killed in the US annually. Nearly all of them are raised on "factory farms" under inhumane conditions that are also dangerous for their workers, pollute surrounding communities, unsafe to our food system and contribute significantly to global warming.

What you can do: Avoid buying or consuming "factory farm" meat.

**Week Four:**

Issue: Approximately 1.5 billion barrels of oil is used to make the plastic water bottles purchased by Americans each year.

What you can do: 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.



## **Week Five:**

### Issue:

Despite the billions of dollars of funding and research into new so-called cures we continue to suffer from a raft of chronic ills and every day maladies.

### What you can do:

Patching up an over-toxic and over-indulgent population with a host of toxic therapies and nutrient sparse foods is definitely not helping the situation.

- \* Adjust your diet so that 51% comes from raw foods. It will keep your body from having the toxic build up caused by the molecular changes in cooked food.
- \* Avoid artificial sweeteners. They work by hyper activating nerve endings in your brain, shaking them to death and producing acetone, which poisons your entire body. It also confuses your body chemistry resulting in more weight than sugar. Eat a piece of fruit and taste a real sweet delight. Your brain and your body will radiate from good health, not toxic waste!

## **Week 6:**

### Issue:

The average U.S. household creates about 26,000 pounds of carbon dioxide (CO<sub>2</sub>) every year — ***about five times what the rest of the world uses!***

### What you can do:

A lot. By taking the Green Team's "Take five green steps" pledge, and following through, you can reduce your household's CO<sub>2</sub> emissions by at least 4,000 pounds — that's over 15 percent! (Learn more at the Green Team table in Harmony Hall).