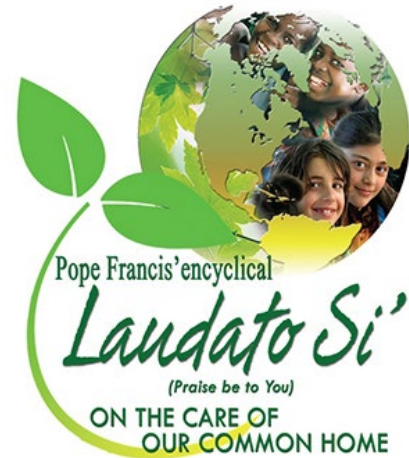


Creation Care Ministry News

A New Year's Climate Diet

Most of us have started a diet all gung-ho, determined to immediately cut out all the "bad things" and live on the leanest of diets. Most of us have also failed at that, sinking back to our bad habits as the unrealistic goals wear us down and we give up. Successful diets tend to have modest goals with minor changes that add up over time until success is achieved.

The same is likely true for our "carbon" diets. Most of us want to do better in reducing our carbon footprints but get overwhelmed. Perhaps targeting a few goals at a time would help us have success here too. Here are some simpler ideas to try – perhaps you could add a couple of them into your life?



Chicken and Fish

A diet-oriented goal is first up! It's well-publicized that beef adds significantly to carbon emissions at 27 kilograms of carbon dioxide impact. In an ideal world, a vegan diet would be great but eating more chicken and fish is pretty good too. Chicken is relatively low impact (6.9 kilograms of carbon dioxide impact). Some American-caught fish can even rival tofu and lentil for its impact. So, reducing red meat is not only good for your heart, but for the earth too!

Do Nothing

Sometimes, doing nothing is the best action to help the earth. Examples are skipping the extra trip to the store or turning off your car rather than idling while waiting. Of course, walking, carpooling, biking or public transportation are great too. Turning off the stand-by power of appliances is another idea. This might be turning off your internet router or computer when you're gone for longer periods of time.

Be Lazy and Drink Tap Water

Drinking tap water rather than bottled water saves you a trip to the store, lugging in the water bottles, and then recycling all that plastic. What could be lazier? We're blessed with good Lake Michigan water and should take advantage!

There are some many other ways we can all do our share to help the earth's carbon diet. Maybe if we all add one or two small things all along the way, we'll all move toward a healthier world.

