

site Canada

'Eating More Green is our Scene'

Join us for our Earth Month April Campaign!

The SITE Canada Sustainability committee would like to create more dialogue around food choices, and we want you to share your favourite plant-based dishes, soups, salads, smoothies, casseroles and more. Our goal is to eat more GREENS and educate ourselves about how our food choices can make an actual impact on the world's greenhouse gas emissions. For Earth Month, we're creating a plant-based recipe e-book with contributions from our SITE Canada members. We'd love your submissions!

Did you know?

By reducing the consumption of certain foods such as beef, lamb, palm oil, coffee and choosing plant-based foods, gas emissions (i.e., carbon dioxide & methane) and destructive activities (i.e., deforestation) will be curbed.

Forestry, land use and agriculture may not seem like obvious places to look for climate solutions, but they comprise a huge chunk of heat trapping gas emissions: **24 percent** of the global total to be exact. The biggest part of those emissions comes from livestock and deforestation. (Excerpt from Dr. Katharine Hayhoe's book 'Saving Us')

Home cooking and growing your own vegetable gardens were common trends we witnessed during the past two years with the pandemic. Are you making your kitchen a 'green scene?' If you have great recipes, we want you in our e-book! If you're eager to add more greens in your meal planning but don't know where to begin, this e-book is for you!

Outcomes & benefits:

- Every SITE member can be involved and submit their favourite recipe with photo
- We can learn from each other to make healthier choices
- We can share how modifying our food choices and menus for incentive programs has changed our outlook
- Buying and supporting local organic farms, businesses
- Creating more dialogue around plant-based foods, health & wellness and sharing stories
- Keeping our members engaged, educated, and doing our part to reduce greenhouse gas emissions
- From all submissions, we will create a SITE Canada recipe e-book to share

What we need from you!

- Please send your favourite plant-based recipe in MS Word with photo. Limit it to 1 page please and submit to office@sitecanada.org (click here for a yummy sample)
- Please submit April 1-30, 2022

We look forward to seeing all your creative and healthy recipes! Happy cooking!