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**PLANTS OVER  
ANIMALS**



## Hello, Friends!

As summer draws to a close and our children and young adults return to school, I am thankful that we live in a society that values education. However, the importance of our individual actions, particularly when it comes to sustainability, should be acknowledged at a young age. While shopping in Idaho Falls a few weeks ago, I was disheartened when a young cashier said to me “You are not from around here, are you?”. When I inquired about his comment, this was his reply: “Because no one here uses their own bags. We just use plastic... there aren’t enough of us to make a difference.”



If each American adult spared just **1 bag each year**, we would eliminate **over 250 million plastic bags** annually!

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## HEALTH

With kids returning to school lunchrooms (or packed lunches), there is no time like the present to reinforce good habits and extinguish unhealthy ones. Children are not immune to the detrimental effects of a poor diet. Autopsies of trauma victims have shown the start of clogged arteries in

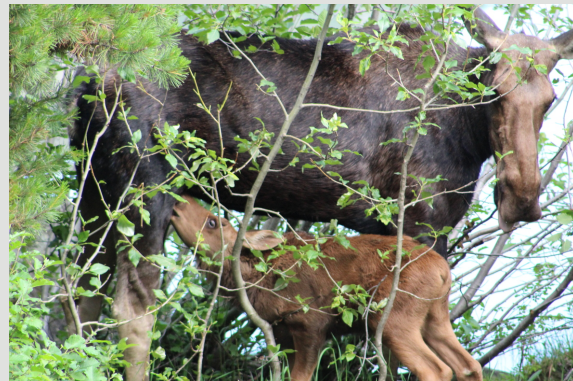
teenagers. Reviewing lunch menus and educating children about good choices should be a priority. In addition to preventing the chronic diseases so prevalent in adults (obesity, heart disease, diabetes, etc.), children on a plant-based diet have lower rates of acne, allergies, upper respiratory infections, ear infections and digestive issues.

Eating whole grains, beans and other legumes, vegetables and fruit is a far better way of meeting the nutritional needs of growing children than the average American diet. A plant-based diet is rich in phytonutrients, vitamins, minerals and fiber, which are all often lacking in the standard American diet. [Find good lunch ideas here.](#)

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## ANIMALS

While out west this summer, I was excited to see nature in many forms. Watching a mother care for her young is always heartwarming, but it reinforced the ridiculousness of the cow's milk industry. Impregnating cows repeatedly for 4 or 5 years, slaughtering their calves to be



served as veal, and keeping their milk for human use seems preposterous and cruel. The good news is that we have so many other choices now with [plant-based milks](#) and [cheeses](#) that we no longer need to support such a violent industry.

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## EARTH

Starbucks' efforts toward environmentalism became evident this summer as they announced their decision to phase out plastic straws. However, if there were an award for the most impressive decree, it would go to WeWork, the company that launched a ban on meat products for their 6,000 employees. In an effort to preserve the environment, WeWork will no longer serve meat at company events, nor will it reimburse the cost of red meat, poultry, or pork for its employees. WeWork anticipates it will save an estimated 16.7 billion gallons of water, 445.1 million pounds (201.9 million kg) of CO2 emissions, and over 15 million animals by 2023 with the change of policy. [Read more on CNN.](#)

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### KITCHEN TIP:

Are you tired of chopping and dicing? My sister-in-law gave me a mandoline slicer many years ago and it has become an integral part of my meal prep. [\[See video\]](#) I use the mandoline most frequently to prep veggies for salads but it is also great for flatbread/pizza toppings. [Amazon has a variety of mandolines.](#)



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**With hopes of good health, compassion, and responsibility,**  
*Brooke at [Plants Over Animals](#)*

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