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**PLANTS OVER
ANIMALS**



Hello, Friends!

With gratitude, I write this final newsletter of the year. It is my hope that these monthly newsletters have been helpful on your journey toward wellness for yourselves, the animals, and the environment.



I wish you all happy and healthy holidays over the coming weeks!



HEALTH

Holidays and overindulgence often go hand-in-hand. Work parties, social gatherings, and family time create situations where food abounds. Having a plan alleviates stress and sets up success. Three key points to consider/remember include:

1. Eat before you go, or bring your own dish to share with others.
 2. Seek out fruits, vegetables, grains and legumes (Power Plate foods). They will be health-promoting while also less calorically dense than other choices.
 3. Minimize alcohol consumption as it tends to make the plan less effective!
-

ANIMALS

During the holidays, love is in the air! To bring that love into other areas of life, including the choices that involve animals, look for animal-free and cruelty-free gifts for the holidays. Clothing that avoids wool, cashmere, and leather supports the belief that animals are more than commodities for human manipulation. Cosmetics, as well as bath and body products, that are not tested on animals also reinforce this moral value.



EARTH

Did you know that 40% of the food grown in the U.S. gets thrown away? About 3/4 of food loss occurs at the retail and consumer level as food spoils before it is eaten. Imagine the impact we could have by reducing this number: conservation of resources (production, packaging, delivery, etc.), feeding the hungry (grocery stores now have programs to donate perishables to food shelters), and fighting climate change (more efficient use of land and water).

On a personal level, we can be mindful of how much we buy, as well as how we store our groceries, to minimize food waste. Read about how [freezing your food](#) can be part of the solution.

KITCHEN TIP:

For those who find themselves constantly cooking to feed extended family over the holidays, or even just the immediate family while everyone is home from school and work, the kitchen can become exhausting. So, my kitchen tip for the holiday season is to GET OUT of the kitchen when you can! Take a walk, play a board game, and remember to relax and enjoy the season :-)

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

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