

Check out! Climate Action Richmond Hill's Food and Climate Seminar

Surprising information we learned!

Dr. Zahra Kassam's Presentation - Plant-based Nutrition for Individual and Planetary Health

- Plant-based diets reduce the risk of cancer by 15% and coronary heart disease by 25%
- 7 of 9 planetary boundaries have been exceeded - food systems contribute significantly to 5 of those

Glen Munroe's Presentation - Soil, Compost, and Climate

- If we let soil build fungal networks - they will absorb a HUGE amount of carbon

Robin Enotera's Presentation - Plant-Based Treaty

- Richmond Hill and Vaughan have endorsed the Plant-Based Treaty!

Debbie Coleman's Presentation - Growing Food in a Changing Climate

- Great tips on growing food at home - with beautiful examples!

DID YOU KNOW?

Richmond Hill's Community Energy and Emission Plan has a short-term priority of adding organic waste collection to multifamily and commercial buildings. *YES!*



Photo Credit: Elizabeth Liu