



Some Resource Links from the April 12, 2023 Talk on “Creation Care Kitchens”

(the presentation itself, given by John Clewett, is viewable at <https://youtu.be/4iB7qetRy7M>)

(Most links follow the order of the presentation and questions, except the first two, which deserve special emphasis)

Faith Alliance for Climate Solutions – www.faithforclimate.org

“Eating Our Way to Extinction”: www.eating2extinction.com A tour de force of a movie about animal agriculture, narrated by Academy Award winner Kate Winslet. Running 1 hour 21 minutes, it’s **viewable for free on the website** (in English, or dubbed and subtitled in *French, Italian, German, Castilian or Latin American Spanish, Portuguese, Polish, Hebrew, Korean, Mongolian, or Indonesian*).

The website has **lots of information**, including background facts in the categories of **“Problem/Solution”** (*Biodiversity Loss, Water and Food Security, Global Warming from Methane, Climate Change, Deforestation, Desertification, Overfishing, Ocean Warming and Acidification, and Pollution*); **“Why So Urgent”**; **“How Will Diet Change Help?”**; and **“Debunking the Myths.”**

They sell **three detailed and lavishly illustrated books** (currently discounted, with free shipping): the companion volume, **“Eating Our Way to Extinction: When Food Costs the Earth, Who Pays the Price?”** (461 pages; \$16.50), and two cookbooks: **“Eating for Tomorrow: Plant-Based Recipes”** (325 pages; \$16), and **“Eating for Tomorrow: Kids Edition”** (205 pages; \$14).

They also offer the chance to help **plant a new forest in Madagascar**, or to subscribe to a plant-based **meal planner service**.

On **Thurs. May 11, 2023 at 7:30 pm**, FACS will host a **Zoom discussion of “Eating Our Way to Extinction.”** Information will be emailed, and be available via the FACS website and newsletter. Watch the film beforehand, or else just come!

Project Drawdown (“The World’s Leading Resource for Climate Solutions”): www.drawdown.org A wealth of information worth exploring in detail. Their goals (Reduce Sources; Support Sinks; Improve Society) include 93 detailed solutions covering *Electricity, Agriculture and Land Use* (e.g., www.drawdown.org/solutions/reduced-food-waste and www.drawdown.org/solutions/plant-rich-diets), *Industry, Transportation, Buildings, Land Sinks, Coastal and Ocean Sinks, Engineered Sinks, and Health and Education*. Their various initiatives include **Drawdown Labs** (a private-sector testing ground to accelerate adoption of climate solutions quickly, safely, and equitably); **Drawdown Lift** (to clarify the connections between climate solutions and alleviation of poverty, especially in Africa and South Asia); **Drawdown Science** (to develop and share science-based strategies to accelerate adoption of climate solutions); and **Drawdown Stories** (to identify and produce multimedia stories on people seeking their own role in climate solutions). They have various **publications** (like “Farming Our Way Out of the Climate Crisis,” since “agriculture and land use ... are among the biggest contributors to climate change”), and a great **“Climate Solutions 101”** video series (www.drawdown.org/climate-solutions-101).

The United Nations **Intergovernmental Panel on Climate Change**: <https://www.ipcc.ch> (see also: <https://unfccc.int>)

Cattle as the second biggest emitter after China: see <https://www.nytimes.com/2022/02/01/opinion/climate-sustainability-agriculture-lobby.html>

UN Food and Agriculture Organization Report, “**Livestock’s Long Shadow**”: <https://www.fao.org/3/a0701e/a0701e00.htm>

“Without Changing Diets, Agriculture Alone Could Produce Enough Emissions to Surpass 1.5°C of Global Warming”
<https://www.wri.org/insights/without-changing-diets-agriculture-alone-could-produce-enough-emissions-surpass-15degc>

ReFed (focused on cutting food loss and waste in half by 2030): <https://refed.org>

Food scrap composting companies mentioned in a Fairfax County flyer mailed to residents:

Compost Crew: www.compostcrew.com

Future Acres Urban Farming: <https://futureacresfarm.com>

Natural Upcycling: www.naturalupcycling.com

Veteran Compost: www.veterancompost.com

Article in *The Atlantic*, **“If Everyone Ate Beans Instead of Beef”**: <https://www.theatlantic.com/health/archive/2017/08/if-everyone-ate-beans-instead-of-beef/535536/>

“Nudge: Improving Decisions About Health, Wealth, and Happiness” by Richard H. Thaler and Cass R. Sunstein: www.amazon.com/Nudge-Final-Richard-H-Thaler-dp-014313700X/dp/014313700X/; see also a nice 3-min video by Thaler: www.youtube.com/watch?v=xoA8N6nJMRS; and some analysis at https://en.wikipedia.org/wiki/Nudge_theory

Greener by Default (plant-based food by default): www.greenerbydefault.com (watch the 90-sec video on their landing page!)

Better Food Foundation (aims to accelerate the shift to plant-centered eating): <https://betterfoodfoundation.org>

Promoting Faith in Food: <https://betterfoodfoundation.org/what-we-do/capacity-building/promoting-faith-in-food/>

Faith in Food Partners: **Creature Kind**: www.becreaturekind.org; **Shamayim**: Jewish Animal Advocacy: <https://shamayim.us>;

Jewish Initiative for Animals: www.jifanimals.org; **Unitarian Universalist Animal Ministry**: www.uuam.org

Health Risks of Gas Stoves: <https://rmi.org/insight/gas-stoves-pollution-health/>; <https://www.mdpi.com/1660-4601/20/1/75>; <https://pubs.acs.org/doi/10.1021/acs.est.1c04707>; <https://www.hsph.harvard.edu/c-change/news/natural-gas-used-in-homes/>; <https://www.consumerreports.org/appliances/indoor-air-quality/is-your-gas-range-a-health-risk-a6971504915/>.

Induction Cooking: <https://www.consumerreports.org/appliances/ranges/guide-to-induction-cooking-a2539860135/>; <https://www.consumerreports.org/appliances/ranges/induction-cooktops-ranges-are-so-good-you-may-not-miss-gas-a8912134554/>; <https://www.epicurious.com/shopping/induction-vs-gas-why-i-said-goodbye-to-open-flame-cooking>; <https://www.nytimes.com/2022/03/11/dining/induction-cooking.html>.

Food Rescue US (app-based help for volunteers to rescue and deliver food): <https://foodrescue.us>

Northern Virginia Food Rescue (a wonderful additional resource mentioned by an attendee): <https://nova-fr.org>

Prince William Food Rescue (launched Aug. 2019): <https://nova-fr.org/prince-william-food-rescue/>

Fairfax Food Rescue (launched Nov. 2021): <https://nova-fr.org/our-programs/food-access/fairfax-food-rescue/>

Fauquier Food Rescue (launched May 2022): <https://nova-fr.org/fauquier-food-rescue/>

Laudato Si’ (On Care for Our Common Home) by Pope Francis: https://en.wikipedia.org/wiki/Laudato_si%27;

https://www.vatican.va/content/francesco/en/encyclicals/documents/papa-francesco_20150524_enciclica-laudato-si.html;

The “dishwashing ministry”: <https://faithforclimate.org/wp-content/uploads/Waste-Reduction-at-SJN-Parish-Events.docx.pdf>

WaterBear: www.waterbear.com On this “Netflix for our planet” you can see hundreds of free – *and ad-free* – films on environmental topics. Some, like “2040” (1h 31m: an inspiring look at future possibilities: www.waterbear.com/watch/2040); “Just Eat It: A Food Waste Story” (1h 13m: www.waterbear.com/watch/just-eat-it); or “Milked” (1h 29m: the truth about dairy, with special focus on New Zealand: <https://www.waterbear.com/watch/milked>), are feature film length, and some are much shorter – 10 minutes or less. There are lots of titles to browse through, or you can search by topic.

Plant-based recipes: – T. Colin Campbell Center for Nutrition Studies: <https://nutritionstudies.org/recipes/>

– Forks Over Knives: www.forksoverknives.com/recipes/ – Dr. McDougall: www.drmcDougall.com/recipes/

– Physicians Committee for Responsible Medicine: <https://www.pcrm.org/good-nutrition/plant-based-diets/recipes>

A great website on the science of nutrition and health, with lots of engaging short videos: <https://nutritionfacts.org>

The cost of induction ranges and cooktops: You could spend an huge amount of money, or a lot less, on an induction stove, cooktop, or “hot plate” (e.g., \$4,399 <https://www.lowes.com/pd/Bosch/5014020497>; or

\$2,449 <https://www.lowes.com/pd/Samsung/5013790099>; or

\$1,649 <https://www.amazon.com/Frigidaire-FGIH3047VF-Stainless-Convection-Freestanding/dp/B0831RCGT1/>; or

\$799 <https://www.amazon.com/Frigidaire-Electric-Induction-Trim-Heats-FGIC3666TB/dp/B07G2MDSGQ/>; or

\$165 <https://www.amazon.com/Duxtop-Professional-Induction-Commercial-Countertop/dp/B07G9YKPOC/>; or

\$54 <https://www.amazon.com/Precision-Induction-Cooktop-Temperature-Efficient/dp/B08YJ6ZPFJ/>.

To register for **Congressman Gerry Connolly’s Inflation Reduction Act webinar** (April 21, 2023, at 3pm), visit:
https://ushr.zoomgov.com/meeting/register/vJltdOCqzgrG9mATvjQ-dlr49PO50Mo_qM