

Health Advisory Team Update - 9/23/22



Twenty-two years into the 21st century, we are living at a time in which sustainability is no mere buzz word. We must learn new habits if we are to have a livable planet. For generations we have passed down recipes and meals with no thought about the impacts they have on our personal health or the planet. Why would we question whether our breakfast, lunch and dinner choices would lead to a future diagnosis of high cholesterol, ocean dead zones or rain forest destruction?? I certainly didn't! It simply wasn't a "thing". This unfortunately is no longer the case—it is a urgent predicament that requires serious action.

What are grandmothers were taught about healthy food choices has changed. For example, there is consensus based on many research studies that avoiding processed meats(bacon, salami, hotdogs, deli meats) is one of the best things we can do to avoid living with or prematurely dying from diseases like diabetes, heart disease, and some cancers.

I'm sharing the link to a new documentary you should see. The makers made it free on youtube for the best impact. I hope soon HAT can start hosting movie nights if there's enough interest.

Eating Our Way to Extinction - <https://youtu.be/LaPge01NQTQ>

This recipe is a beans and greens delight. Kid friendly too. Simply serve over your favorite grain for a quick, satisfying lunch or supper.

<https://simpleveganblog.com/spanish-spinach-with-chickpeas/#tasty-recipes-9083>

Peace,
Danna Park, Mary Hawkins, and Kay Garner