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Tuesday, April 22, 2008

Tuesday's Earth Week tip

Apr 15, 2008

Throughout Earth Week, the Office of Sustainability will provide daily suggestions for incorporating hassle-free, environment-friendly actions into your regular routine. Today's tip:

Be a "Locavore"

You may have heard of vegetarians and even vegans, but what's a locavore? It's a person who makes eats locally sourced food as part of a sustainable living approach. Apart from your transportation habits, eating is the most energy-intensive act you engage in every day. The energy used to fertilize, cultivate, process and transport your food to the table is an important part of our dependence on fossil fuels. By being a locavore, you help to reduce our ecological footprint as a community and also support such local businesses as the Village Bakery, Casa Nueva, Della Zona and Jana's Soul Food Cafe. Bon appetit!

Plan now for Earth Day, April 22, when Ohio University employees and students are being asked to walk, bike or carpool to work.

Related Links

Office of Sustainability: <http://www.ohio.edu/sustainability/>

Monday's tip - Calculate your ecological footprint:

<http://www.ohio.edu/outlook/07-08/April/a443.cfm>

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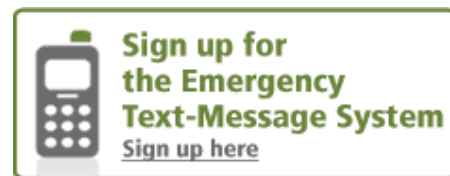
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