



## Official Newsletter of WIC Worksite Wellness

## SUSTAINABLE SWAPS

Ashley Woo &amp; Lauren Flotman



Sustainability is meeting the current world's demands while leaving resources for the future.<sup>1</sup> Making sustainable swaps allows future generations to enjoy what Earth offers. Try these small, meaningful changes to do your part and help the planet!

1. **Be mindful of peak hours:** Reducing electricity use during peak hours, usually from 4pm-9pm, can save money and energy.<sup>2</sup> Click [here](#) for more information.
2. **Reduce Single-Use Items:** 40% of our landfills have plastics that were used only once.<sup>3</sup> Switch to reusable bags and water bottles to reduce waste. Click [here](#) to learn more about single-use plastics.
3. **Dress sustainably:** To decrease fabric waste buy secondhand, shop eco-friendly brands, or choose natural materials. Learn more [here](#).
4. **Reduce Food Waste:** Food waste in landfills release toxins which worsens climate change.<sup>4</sup> Learn more about food waste [here](#) and click [here](#) for ways to reduce food waste.

## DO YOUR SHARE FOR CLEANER AIR

Stacy Wells &amp; Ashley Gubicza



What is a carbon footprint? It is the total amount of greenhouse gasses that are produced by a single person's actions. Reducing our carbon footprint minimizes the effects on global warming. Below are a few ways you can help reduce carbon emissions in our air:<sup>5,6</sup>

1. **Decrease miles spent driving.** Look up your city's bus routes, ride a bike on designated bike paths, walk, or ride-share!
2. **Take shorter showers.** Shorter showers use less water and energy.
3. **Unplug unused kitchen appliances.** This saves energy and money on your electric bill.
4. **When leaving a room, turn off the lights.** Use natural light during the day.
5. **Power off your computer when not in use.** A turned off computer uses 65% less energy than an idle one.

# NO-STOVE SWEET POTATO CHILI

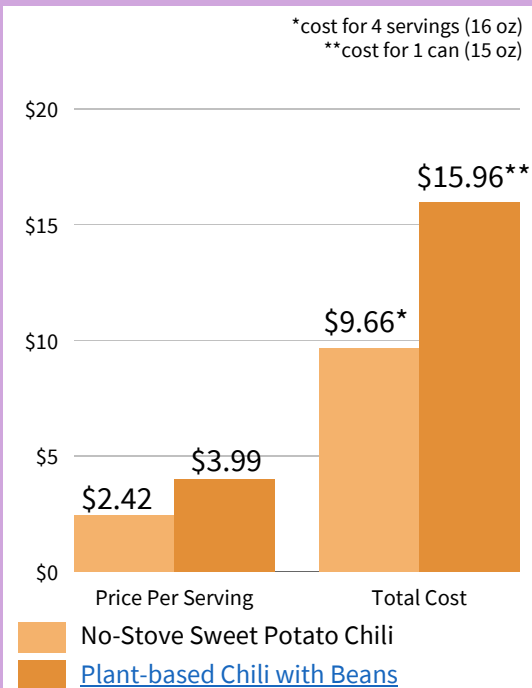
Kacey Van Duzer, Ashley Henson, and Caitlyn Jones



This microwavable, meatless chili is delicious, nutritious, sustainable, and will leave you satisfied. Eating fruits and vegetables has less impact on our environment than animal products, making plant-based meals more sustainable. The sweet potatoes in the dish are rich in fiber keeping your gut healthy.<sup>7</sup> The kale is also a good source of vitamins and antioxidants.<sup>8</sup> If you want the benefits of a healthy, plant-based meal that is also Earth-friendly, try this recipe!

**Total time:** 20 minutes **Prep Time:** 10 minutes **Servings:** 4

## PRICE COMPARISON



## Ingredients:<sup>9</sup>

- 3 cups sweet potatoes, peeled and cut into ¾-inch cubes
- 1 15-ounce can diced tomatoes, undrained
- 1 tablespoon low-sodium chili seasoning
- 1 teaspoon garlic powder
- 4 cups kale, chopped with stems removed
- 1 15-ounce can white beans (any variety), drained
- ½ teaspoon iodized table salt
- 2 cups instant brown rice, cooked

## Instructions:<sup>9</sup>

1. In a microwave-safe bowl, combine the sweet potatoes, tomatoes, chili seasoning, and garlic powder.
2. Cover and microwave for 10 to 13 minutes, stirring one or two times.
3. Mix in kale and beans. Cover and microwave for 3 to 4 minutes, or until the kale is wilted. Mix in salt.
4. Heat rice in the microwave for 2 minutes. Serve chili over rice.

## NUTRITION FACTS<sup>10</sup>

Serving size: 2 cups

- Total Calories: 419
- Total Fat: 3 g
  - Saturated Fat: 1 g
- Cholesterol: 0 mg
- Sodium: 480 mg
- Carbohydrates: 82 g
  - Fiber: 18 g
  - Total Sugars: 10 g
  - Added Sugar: 0 g
- Protein: 19 g



# EAT YOUR GREENS!

Ivette Ramirez & Jack Galliver



Want to eat green? Check out Vegan Maps! This food finder app locates nearby vegan restaurants. You can filter your dining choices by listing restaurants with vegan options, type of cuisine, and payment methods. The Vegan Maps app saves your favorite spots, includes reviews, and can even help you meet new friends! Download now for free at the [Google Play](#) or [Apple Store](#)!



Track your environmental impact with the Foodprint Calculator from Harvard. This calculator estimates the amount of carbon, nitrogen, and water used each year based on your diet. It also suggests possible dietary changes to reduce the negative impact on the environment. Take the survey now by clicking [here](#).



This newsletter was made possible by the partnership between California WIC Association and the American Red Cross WIC Program.

## REFERENCES

1. US EPA. (2018, August 9). Learn About Sustainability | US EPA. US EPA. <https://www.epa.gov/sustainability/learn-about-sustainability>
2. Time Of Use FAQs. (n.d.). Energy Upgrade California. Retrieved August 11, 2023, from <https://energyupgradeca.org/time-of-use-faqs/#:~:text=Energy%20Upgrade%20California%C2%AE%20encourages,hours%20or%20on%20cold%20water>
3. Chen, Y., Awasthi, A. K., Wei, F., Tan, Q., Li, J. (2021, January 15). Single-use plastics: Production, usage, disposal, and adverse impacts. Science of The Total Environment, 752. <https://doi.org/https://doi.org/10.1016/j.scitotenv.2020.141772>
4. Buzby, J. (2022, January 24). Food Waste and its Links to Greenhouse Gases and Climate Change. USDA. Retrieved August 12, 2023, from <https://www.usda.gov/media/blog/2022/01/24/food-waste-and-its-links-greenhouse-gases-and-climate-change#:~:text=Food%20loss%20and%20waste%20also,even%20more%20potent%20greenhouse%20gas>
5. What You Can Do to Reduce Pollution from Vehicles and Engines. (2023, Aug 9) United State Environmental Protection Agency. Retrieved Aug 2023 from <https://www.epa.gov/transportation-air-pollution-and-climate-change/what-you-can-do-reduce-pollution-vehicles-and>
6. Simple Tips To Reduce Your Carbon Footprint. Top 10 Ways To Save Energy. Georgetown University. Retrieved on Aug 2023 from <https://sustainability.georgetown.edu/community-engagement/things-you-can-do/>
7. Laveriano-Santos, Emily P., et al. "Sweet Potato Is Not Simply an Abundant Food Crop: A Comprehensive Review of Its Phytochemical Constituents, Biological Activities, and the Effects of Processing." MDPI, 25 Aug. 2022, [www.mdpi.com/2076-3921/11/9/1648](http://www.mdpi.com/2076-3921/11/9/1648).
8. Alfawaz, Hanan A, et al. "Awareness, Knowledge and Attitude towards 'superfood' Kale and Its Health Benefits among Arab Adults." Nutrients, 7 Jan. 2022, [www.ncbi.nlm.nih.gov/pmc/articles/PMC8782012/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC8782012/).
9. Thacker Wendel, D. (2022, July 6). Microwave Sweet Potato and Kale Chili. Forks Over Knives. Retrieved from <https://www.forksoverknives.com/recipes/vegan-soups-stews/microwave-sweet-potato-kale-chili/>.
10. Cronometer. (2011). Cronometer: Track nutrition & count calories. Cronometer.com. <https://cronometer.com/>