

STOPWASTE

ISABELLE T., ALAMEDA

May the 4Rs Be With You Contest 2021

My 4Rs: Recognize, Reduce, Remember, Rot



My (Re)Generation Action Story:

The 4 Rs I chose are recognize, reduce, remember, and rot because...
Recognize: We should all educate ourselves about the meat and dairy industry and recognize its significant contribution to climate change. According to the United Nations Food and Agricultural Organization, meat and dairy account for "about 14.5% of global greenhouse gas emissions". With that, leveraging towards a more plant-based diet can help decrease our personal carbon footprints.

Isabelle's Story Continued:

Reduce: To act upon this information, those who are able to should try to reduce their meat and dairy consumption through maintaining a primarily plant based diet. This means doing so in whatever manner is suitable for them whether that is going entirely vegan, making meat/dairy substitutions in the kitchen, or trying out some plant-based recipes a few times during the week.

Remember: Keep in mind that not everyone is in a situation that allows them to cut out animal products from their diet. So, it's important to remember that everyone putting in their best effort in helping the environment is all anyone can really ask for. Further, we should remember that taking steps like these is only a small solution to a much greater issue; however, collective minor changes can and definitely do make an impact.

Rot: I demonstrated my ideas through food so I thought "rot" would be fitting. Composting and throwing food scraps in the correct (green) bin is essential because when it's mixed with landfill and decomposes, it releases methane gas which is an extremely harmful greenhouse gas. So, if every method of preventing food waste has been utilized and something has to be thrown away, the next best thing to do would be to compost.

Photo Description: Here I have photographed a stack of Earth Day themed vegan pancakes. This idea came to mind because I've been cooking pancakes for breakfast pretty often for the past year and I realized that it would be relatively simple to swap out the dairy ingredients with alternatives to make them plant-based. The Earth design was made by outlining the "continents" with green-dyed batter, then filling in the rest of the sphere with blue-dyed batter. Additionally, I cut out a heart shape from a strawberry to depict the love we should be showering our planet with. Finally, I decorated the plate with berries and a sprinkle of powdered sugar.