

NURSES DRAWDOWN



A global movement of nurses standing up to climate change. We're committing to take action in both our personal and professional lives to improve the health of ourselves, our community, and our planet.

Nurses Drawdown is rooted in [Project Drawdown](#), solutions for reducing the amount of greenhouse gases (ghg) that [trap heat in the atmosphere](#) and warm our planet.

Each month we'll provide tools and tips for how you can maximize your impact in 1 of 5 key areas.

Food

Gender
Equity

Mobility

Energy

Nature

Food

Sources of GHG Emissions

 **Food,** agriculture, and land use is responsible for **24%** Of global ghg emissions

1/3 of the world's food is never eaten resulting in loss of calories and unnecessary ghg emissions

Solutions

Follow these recommendations from **Project Drawdown** to help decrease deforestation, fertilizer use, emissions and associated health issues:

Eat a plant-rich diet
Reduce food waste
Use a clean burning cookstove

Act now to help reduce GHG with your Food Choices

Visit the [NDD website](#) to understand how you can *take action today*.

Follow the **NDD** movement:



Eat More Plant-Based Meals

The Blarney Stone Cafe is committed to featuring one vegetarian menu item daily, substituting tofu or eggs for meat upon request, rotating veggie browns at breakfast, and providing daily salad options in the Grab and Go cooler. Check out our video on how and why they prepare those meals!

Sarah Johnson, RN and Sustainability Coordinator is hosting a gardening workshop on June 2nd that will be recorded and posted on Facebook.

Eat local produce, try a plant-forward meal at a local restaurant, or grow a garden with help from these local organizations:

[Garden City Harvest](#), [Get Out and Grow MT](#), [Missoula Local Foods Map](#), [Eat Vegan in Missoula](#), [Red Hen Farm](#), [Missoula Farmer's Market](#), [Clark Fork River Market](#), [Local Harvest](#), [Western Montana Grower's Coop](#)

Send Less Food Waste To Landfill

- **Start** slow - **Plan** your meals and label leftovers with the date they were made - **Shop** your pantry before heading to the store - **Buy** 'ugly' produce - **Keep** a list of the ingredients in your fridge and pantry - **Experiment** with vegetarian substitutes in your favorite recipes - **Freeze** food scraps to make vegetable stock - **Compost** food scraps.

These services offer collection or drop off of your food scraps and turn them into compost for healthy gardening soils. [Soil Cycle](#), [Missoula Compost Collection](#), [Garden City Compost](#).

[How Can I Avoid Food Waste During Coronavirus Quarantine](#). Grist advice column and video with tips on avoiding food (and money) waste.