

Good for you, good for the planet

If you were around in the 80s, you might remember actress Clara Peller exclaiming, "Where's the beef?" to describe any burger other than a Wendy's burger. But now, less red meat in your diet is understood to be better for both your health and the environment.

This is because global food production contributes 30% of greenhouse gases (GHG), 14.5% of which are from livestock alone. The current systems aren't sustainable because they require 1/3rd of the world's freshwater, use 40% of global land, which contributes to deforestation, desertification and is the largest factor threatening species with extinction. These are tips for planning a sustainable diet.

1. Prioritize plants. Current recommendations are to fill half your plate with fruits and vegetables. Plant-based eating helps reduce freshwater use and deforestation.

2. Minimize meat. Beef production especially is a substantial contributor to GHG emissions and requires more food, water, land and energy than plants. It



takes 1850 gallons of water to produce 1lb of beef, compared to 216 gallons for 1lb of soybeans and 50 gallons for 1 egg. Plant based protein like soy, beans and peas are more sustainable.

3. Less packaging. Choose foods with the least amount of packaging, or packaging that is reusable or recyclable.

4. Select new seafood. There is much evidence that fish is a healthy choice, but some species are overfished or produced in ways that harm the marine environment. Visit the Monterey Bay Aquarium Seafood Watch website

for suggestions on choosing fish in Oklahoma.

4. Look local. Buying food produced closer to home benefits the local economy and shorter travel distances mean less emissions.

5. Eat mindfully. This means tuning into your own signals of hunger and satiety and reflecting more on where your food comes from and how it nourishes your body.

September is National Preparedness Month

September is National Preparedness Month | When a disaster strikes, the last thing you're worried about is your critical documents such as financial and medical records and important contact information. However, these documents are essential in the recovery process after the disaster. If you take time now to secure your critical documents you will have a peace of mind, ensure you have access to your documents and information, and the recovery process will be less stressful.

Vital records

Vaccination records

Vehicle registration

List of medications

Identification cards

Rental, mortgage, deed papers

Financial account information

Living will, power of attorney

Paperwork for pets

Insurance policies

Medical contact info

Store copies of documents in a fireproof and waterproof box or safe, inside your home or electronic copies in a password protected online format. For more info, visit: www.ready.gov/make-a-plan