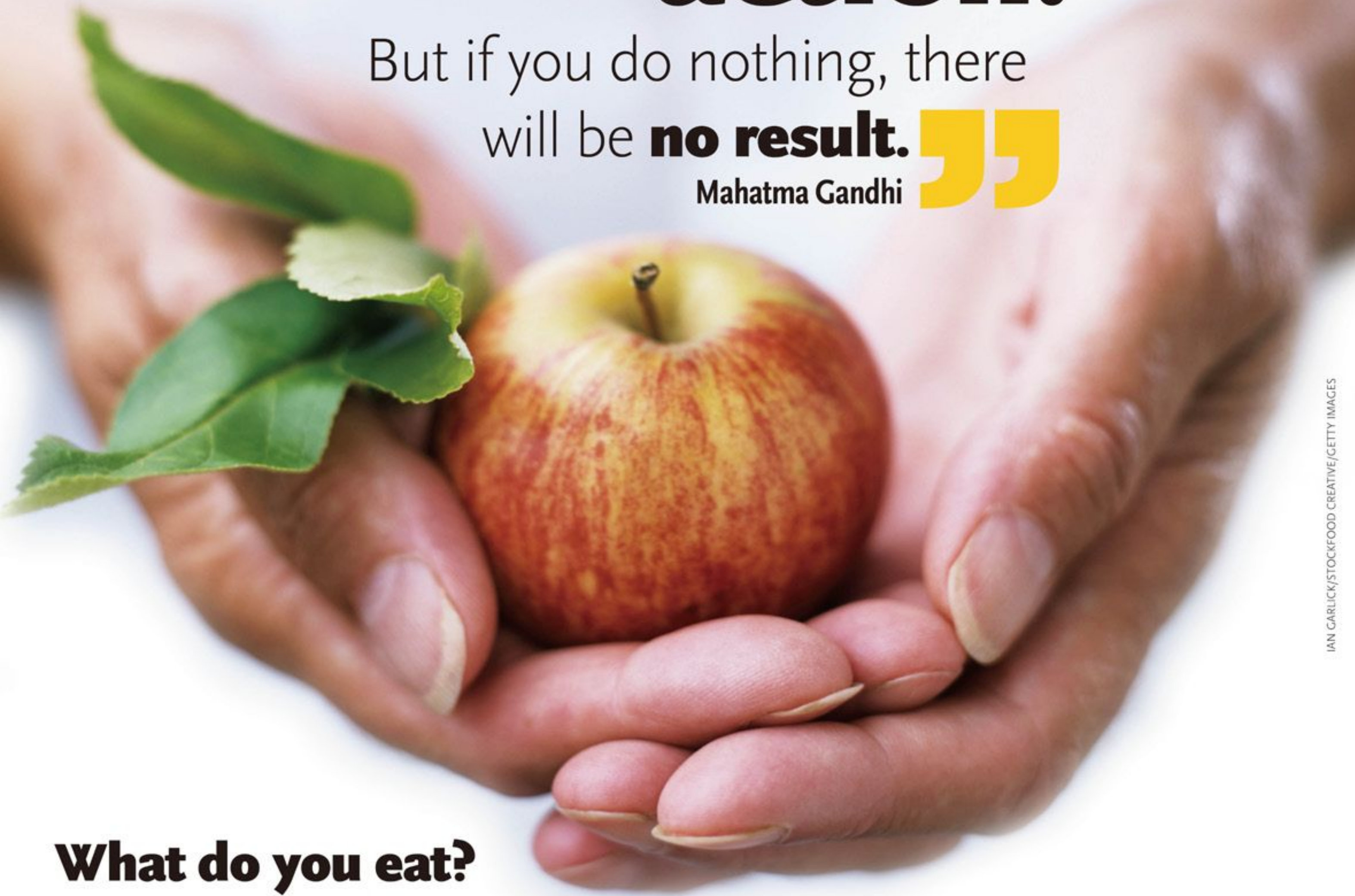


You Can

“ You may never know what **results** come from your **action.**

But if you do nothing, there will be **no result.** ”
Mahatma Gandhi



IAN GARLICK/STOCKFOOD CREATIVE/GETTY IMAGES

What do you eat?

Cod caught off Norway are shipped to China to be turned into fillets, then shipped back to Norway for sale. A typical carrot eaten in Iowa, USA, has traveled 2,958km to reach the dinner table.

Eating locally produced food lessens energy consumption.

- * Check where your food comes from
- * Support local farmers by buying local produce

The Virtuous Vegetable

Production of meat requires much higher use of land and water resources than vegetables, and generates more greenhouse gases.

- * Eat a vegetable today!

Cultivate Gratitude

Our existence is supported at every moment by the unseen efforts of countless others and the natural environment. Our lives rest on this web of connection.

- * Say “thank you” to someone who supports your life

“ No one ever made a greater mistake than he who did nothing because he could only do a little. ” Edmund Burke



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Market gardener, France

ENDANGERED ANIMALS **SOUTH AMERICAN TAPIR**

The South American Tapir is the largest wild animal in Latin America and lives near water. They are excellent swimmers and divers but also move quickly on land.

PHOTO: THOMAS MUELLER



EMPOWER