You may never know what results come from your action. But if you do nothing, there will be no result.

Mahatma Gandhi

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