

BROOKE CROUCH
BLC5ZR
BLC5ZR@VIRGINIA.EDU
UNIVERSITY OF VIRGINIA

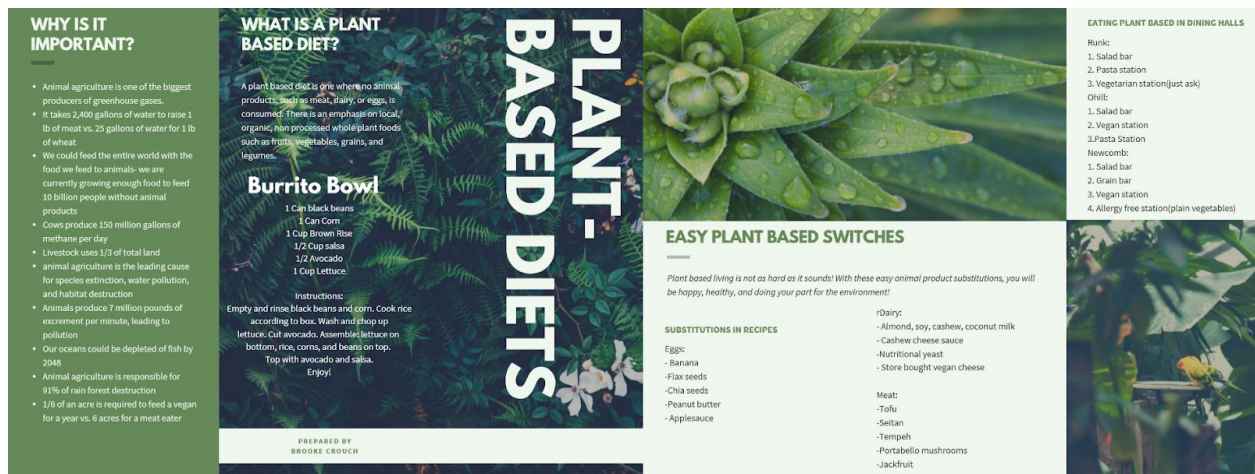
I CHOSE TO COMBINE TWO OF THESE STEPS FOR MAXIMUM IMPACT: EATING PLANT BASED AND STARTING A FOOTPRINT CONSERVATION. THROUGH MY OWN SUSTAINABILITY JOURNEY, I HAVE LEARNED ABOUT THE HUGE POSITIVE ENVIRONMENTAL IMPACT EATING A PLANT BASED DIET CAN HAVE. I HAVE BEEN VEGAN FOR OVER A YEAR NOW, AND I THINK THAT A WONDERFUL WAY TO HAVE THE BIGGEST ENVIRONMENTAL IMPACT I CAN HAVE IS TO HELP OTHERS EAT A PRIMARILY PLANT BASED DIET AS WELL. THEREFORE, MY GOAL IS TO HAVE CONSTRUCTIVE CONVERSATIONS ABOUT OUR ENVIRONMENTAL FOOTPRINT AND THE POSITIVE ENVIRONMENTAL IMPACT OF A PLANT BASED DIET.

I WILL ACCOMPLISH THIS STEP IN SEVERAL WAYS:

1. EDUCATE PEOPLE ABOUT THE ENVIRONMENTAL EFFECTS OF ANIMAL AGRICULTURE
2. DEMONSTRATE HOW EASY AND FUN IT IS TO LIVE A PLANT BASED LIFESTYLE
3. GUIDE OTHERS ON THEIR JOURNEY TO BECOME PLANT BASED

I CREATED AND PLAN TO DISTRIBUTE A PLANT BASED BROCHURE DURING MEALTIMES AT MY UNIVERSITY! UNFORTUNATELY, BY THE TIME I STARTED THIS CHALLENGE ALL OF THE DINING HALLS WERE CLOSED, BUT I PLAN ON DISTRIBUTING IT TOMORROW. I ALSO SHARED IT ON FACEBOOK TO REACH A WIDER AUDIENCE THAN I CAN REACH IN PERSON!

HERE IS MY BROCHURE:



HERE IS A PICTURE OF THE PLANT BASED MEAL I ATE TODAY:



GLOBE Internship x PCG 2018 - Googl... x Untitled documen... x 1 2018 Day 2 Foc... x Steps to #MoveTh... x Brooke Crouch x Green and Honey... x how do i open a p... x

https://www.facebook.com/brooke.crouch.7543

POSTS

Brooke Crouch
2 mins · 🧑

Turning Green @EndOvershoot #movethedate #pgc2018 Here is a helpful guide to why and how you should go plant based, with key statistics about the impact of plant based eating and some easy tips to start living a plant based lifestyle!

Like Comment Share

Write a comment...
Press Enter to post.

Chat

- Dana Raphael
- Jennifer Locasale-Crouch

GROUP CONVERSATIONS

- Create New Group

Type here to search

5:42 PM 10/2/2018