

## Eco news for January

You may already be aware of 'Veganuary' – the idea of following a vegan diet during January. There are lots of reasons why vegan choices are promoted: here we'd like to highlight the carbon footprint and the water and land requirements. It's typically much lower for plant based products than for animal based ones. As consumers our choices do affect production lines, so we can help to shape the sustainability of agriculture.

We're not suggesting you go 100% vegan, but having at least one (more) vegan meal each week during January is a positive step towards eating more sustainably.

The Veganuary website (<https://veganuary.com>) is a good place to find some recipes if you need some ideas! The variety of edible vegetables, grains and pulses is huge - there is a whole world to explore, and you can be thankful to God for his provision whilst you do!

*God said, 'See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food. Genesis 1:29*

We'll be holding a Vegan snack week at coffee (after the service) on Sunday 18th January – to introduce some more sustainable options for snacking!