

Wellness Wednesday



November 4, 2020

ulliance.com

Ulliance
Enhancing People. Improving Business.



Find your path to total well-being!

8 Easy Ways To Help The Environment, Starting In Your Kitchen

Want to be more eco-friendly? Try these small but manageable tips at home.

When it comes to sustainability, a little goes a long way. We should ideally all be driving electric cars (or better yet, riding bikes) and eating fruits and vegetables grown in our own backyards, but eco-friendliness just doesn't come that easy.

Of course, a couple hundred major companies are responsible for the vast majority of greenhouse gas emissions. But as individuals, we can make a difference by adjusting our habits too. With that in mind, we've highlighted eight things to do in your kitchen that will help the environment without disrupting life as you know it.

Whether you pick up one or all of our suggestions, we applaud you: The world is a better place because of your open disposition.

1. Sign up for a CSA program

Let's start with the basics: Community-supported agriculture (CSA) directly connects you — the consumer — to nearby farmers, giving you access to the crème de la crème of local products, while reducing the carbon footprint involved in the transport of food across the country.

You'll subscribe to the harvest of a specific farm (or group of farms) and receive a delivery of seasonal products on a weekly (or sometimes monthly) basis. According to the United States Department of Agriculture (USDA), the model allows the farmer to receive "advance working capital, gain financial security, earn better crop prices and benefit from the direct marketing plan."

There are usually long waitlists ahead of each season, so we suggest getting in contact with a nearby CSA program as soon as possible.



2. Start composting

Composting sounds more complicated than it is, and saving your food scraps allows you to recycle organic materials that, instead of becoming trash, will function as natural fertilizers used in gardening. By reducing your food waste, you'll also indirectly help combat climate change.

Not everything can be composted, of course (stay away from meat and dairy products), but the easiest way to kick off the effort is to collect eggshells, coffee grounds, discarded parts of fruits and veggies, and tea bags (among other things); store them in a bin separate from the rest of your trash; and deliver the container to a drop-off site. Google "composting drop-off near [enter your city]" to find the closest one to you.



If you want to do the actual composting yourself and only have space to do so indoors, consider investing in a small composter (you can find them online).

3. Say no to disposable utensils

This is pretty straight-forward advice: When ordering takeout or delivery, ask the restaurant to hold the plastic utensils that usually come with your meal. Go a step further and invest in a nice set of utensils that you can leave at work or carry in your bag, allowing you to permanently stay away from single-use plastic, which is a big no-no.

4. Invest in biodegradable trash bags

It really doesn't get any easier than this: If you can't recycle or compost your waste, you can still do some good by lining your trash can with biodegradable bags, which are decomposed by bacteria or other living organisms. Basically, it's another way to limit our reliance on single-use plastic products that don't break down.

There are a slew of good options on Amazon and, if you want to go a step further, try using compostable trash bags, which are considered even greener than their biodegradable counterparts.

5. Consider switching to a French press coffee routine

Yes, drinking coffee is a very personal experience based on a variety of just-as-personal factors. That being said, certain brewing methods are inherently less eco-friendly than others. Take coffee filters, for example: Using a new one for each batch is wasteful, but opting for a reusable one isn't as green of a choice as using a French press, which requires absolutely no filters or plastic. Easy, peasy. Oh, and don't forget to add those coffee grounds to the compost bin you started.

6. Use discarded citrus peels to make an all-purpose cleaner

You'll get double points for this one because you'll mitigate your waste while using a more natural cleaning product. Although there are a ton of easy-to-follow recipes for homemade natural cleaners online, all more or less share the same steps and ingredients, which are mainly citrus scraps and distilled white vinegar.

No matter which recipe you choose to follow, you'll need a container to store the stuff and, as the true green citizen of the world that you are, try your best to avoid buying new plastic and either reuse a plastic spray bottle you have, or buy a glass one.

7. Choose greener kitchen gadgets and tools

From eco-friendly sponges made entirely of recycled materials (check this out) to using cloths instead of paper towels, there are a ton of substitutes that you can bring into your kitchen to make it more environmentally friendly.

Start with the aforementioned paper towels: According to the Environmental Protection Agency, paper is the biggest type of waste produced by U.S. homes, and given that Americans go through 13 billion pounds of paper towels each year, any way to avoid the product goes a long way. Paper towels are recyclable until you use them — but you can actually compost the ones you use to clean up organic material (notably not those covered in grease or cleaning chemicals).

If you can't imagine living without paper towels but want to swap another kitchen tool, consider investing in cutting boards made of bamboo. The grass (yes, bamboo isn't wood) is fast-growing and considered a renewable resource. It also happens to be very strong, so you won't soon have to replace the product.

In general, try to keep in mind that there are always greener and more eco-friendly options out there, so do your research before buying anything.

8. Bring your own reusable tote to the market

Many states and cities now have laws banning plastic bags on the books, so you might already be used to bringing your own totes to the grocery store, but if you aren't, you should definitely get in the habit. Why? According to Waste Management, Inc., only 1% of used plastic bags are returned for recycling. In the United States, we use over 14 billion plastic shopping bags each year, which means a whole lot of those are ending up in landfills and oceans.

Paper bags are a slightly better option. It takes a plastic bag about a year to biodegrade as litter and it only takes a paper bag one month to do so. Carrying your own reusable bag will reduce the waste of these materials (but of course, even canvas bags have their own environmental downsides).



PUMPKIN PIE DIP

105 Calories | PREP TIME: 15 mins | COOK TIME: 0 mins | TOTAL TIME: 15 mins
YIELD: 12 Servings | COURSE: Appetizer, Dessert, Snack | CUISINE: American

INGREDIENTS

5 oz can pumpkin puree
3/4 cup brown sugar, unpacked
1 teaspoon vanilla extract
1/8 teaspoon cinnamon
1/8 teaspoon pumpkin pie spice, or more to taste
6 oz 0% Greek yogurt
8 oz Truwhip, frozen whipped topping, thawed
cut up apples, for dipping

This pumpkin pie dip recipe is an oldie but goodie! It's a favorite appetizer or dessert to bring to Thanksgiving because the kids (and adults) love it! It's also so easy to make, no cooking required!

TIPS:

Pumpkin Pie Dip is everything you love about pumpkin pie, made into a easy, light and fluffy no bake dip. Perfect for dipping apple wedges, graham crackers or gingersnaps.

Nutrition Information

Serving: 1/2 cup, Calories: 105 kcal, Carbohydrates: 21 g,
Protein: 2 g, Fat: 4 g, Cholesterol: 1 mg, Sodium: 10 mg,
Fiber: 1 g, Sugar: 17 g
Source: Skinnytaste.com



INSTRUCTIONS



How to make:

- 1.) Mix pumpkin with brown sugar, vanilla and spices, blend well.
- 2.) Mix in yogurt.
- 3.) Fold in Truwhip and chill in refrigerator until ready to eat.
- 4.) To serve transfer to a serving dish or hollowed out pumpkin.

WHAT TO SERVE WITH PUMPKIN PIE DIP

Serve them with sliced up apple wedges, both red and green for color.

Set out graham crackers or gingersnaps

Turn it into a pumpkin parfait by layering it in a tall glass with whipped cream in between.

FEATURED EXERCISE

Total-Body Medicine Ball Workout

In need of a fresh twist on your fitness routine?

Dumbbells, barbells, and kettlebells are all functional tools that offer a large range of exercise options, but a medicine ball can give your routine a whole different range of opportunities.

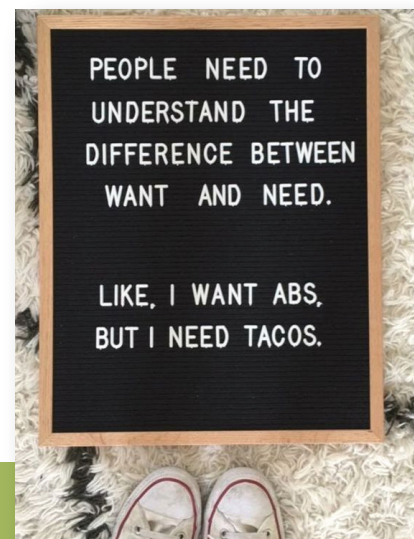
You see, a medicine ball can be tossed, rolled and even slammed into the ground—something its

fitness cousins do not offer. This allows for a different range of motion, allowing you to work different muscle groups more effectively.

https://gethealthyu.com/20-minute-total-body-medicine-ball-workout/#_a5y_p=3185299



Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.



Meet Ulliance Senior
Wellness Account Manager