



## CUH Green Campus Newsletter - November 2015

We are currently inviting staff to take part in the campaign by becoming a Green Advocate. If you'd like to get involved please contact us via email:- [CUH.SustainableEnv@hse.ie](mailto:CUH.SustainableEnv@hse.ie)

### WHAT'S ON NOVEMBER 2015

*It's that time of the year again when we are gearing up to launch into the Christmas shopping so the last thing that most of us are thinking about is buying nothing! However, Buy Nothing Day falls on the 27<sup>th</sup> November this year. Read more about it to the right!*

*There will be a Green Advocate Forum on Tuesday 17<sup>th</sup> November from 1.00pm-2.00pm in the large MDM Room. This is a good opportunity to hear about what is currently happening on the sustainability front around the hospital and to bring any issues/new ideas to the table! Very informal format and tea/coffee will be available. All welcome!*

*November is World Vegan Month. If going vegan (even for a few days!) ever crossed your mind, there is some good information in this newsletter on how to do it!*



### Introduction

Welcome to the October edition of the CUH Green Campus Newsletter! Lock up your wallets and purses, cut up your credit cards and dump the love of your life - shopping! It's time to celebrate Buy Nothing Day! Buy Nothing Day is where you challenge yourself, your family and friends to switch off from shopping and tune into life. The rules are simple, for 24 hours you will detox from buying stuff - anyone can take part provided they spend a day without spending! Instead of shopping, people around the world will take part in a 24 hour moratorium on consuming, either as a personal experiment or public statement. Can you resist the urge to splurge? Or will Black Friday bully you into buying things you probably don't need? Join the global network in over 60 countries who will be celebrating Buy Nothing Day and if Black Friday does tempt you to go shopping - just remember to **DO NOTHING!**

### Pedometer Challenge 2015

Well done to the Rogue Runners who finished second in the overall standings out of over 1,000 teams in this year's Pedometer Challenge with a grand total of 792, 632 steps (roughly 600 kilometres)! That's some going!

In CUH/CUMH alone this year some 26 teams across the hospital took a total of 8,225,400 steps. If we assume that the average person has a stride of about one metre, that's enough steps to cover over one fifth of the circumference of the earth! Well done everyone!

Thank you to everybody who took part this year and remember to look out for the Pedometer Challenge again next year when we aim to make it even bigger and more competitive!



Pictured above: The Rogue Runners (Rodney Higgins, Edel Fahy and Dr. Oonagh Gilligan) and Sinead Flavin (National Transport Authority) at the Pedometer Challenge Prize Giving at Cork City Hall



## World Vegan Month

Ever considered going vegan, but not sure where to start? World Vegan Month is dedicated to educating people about vegan eating and lifestyles, and encouraging you to give it a go too! As we learn more about how our food choices impact the world around us, it is becoming clear that eating less meat and dairy and more plant-based foods is the best way to go for the sake of the environment, animals, and of course, our own health. If you ever wanted to try it, here are a few tips!

**Start with an open mind.** There's no surer way to guarantee failure than to go into it with a bad attitude. Unfortunately, this is not something that's easy for many folks to do. If you think that going vegan is going to be a punishment or that you won't last, then it will be, and you won't.

**If cooking at home, give yourself extra time to cook,** particularly at the beginning. For most people, designing meals 100% around vegetables is going to be a completely foreign concept, and one that requires planning and extra time in the kitchen. It takes time to chop vegetables!

**Take a look at your pantry.** Is it full of meat-based condiments and the like? If so, you're not going to have a fun time trying to cook. Make sure your pantry stays stocked with plenty of beans and whole grains, hearty leafy foods like kale, spinach, and collards, and other vegan-friendly sauces.

**Take a walk down the fruit and veg section.** Going vegan is the perfect excuse to load up on all kinds of fruits and vegetables that you never regularly ate before. These days, people often resort to the easy options—the steak or the burger—avoiding the often more interesting vegetable-based options.

**If you're going on a road trip, pack food with you.** In fact, have snacks and emergency rations available to you at all times. It's not that you'll get hungrier it's just that on the off-chance that you *do* end up missing lunch or forgetting it at home, your options as a vegan on the road or in unfamiliar territory are not good. Some fresh fruit, a good salad, or even trail mix can be a life saver in those situations.

## Exploding Environmental Myths

*“Vegans don’t get enough protein”*

**ANSWER:** In fact, a considerable amount of protein can be served in a normal caloric vegan diet. A standard vegan meal for both males and females can potentially provide even more protein than the daily amount needed. The info graphic on the right shows how this is possible!

	 STANDARD SAMPLE VEGAN MEAL FOR A MALE	PROTEIN (GRAMS)	 STANDARD SAMPLE VEGAN MEAL FOR A FEMALE
 <b>BREAKFAST</b>	1 cup oatmeal 1 cup soymilk 1 bagel	6 7 9	2 slices whole wheat toast 2 tablespoons peanut butter 1 banana
 <b>LUNCH</b>	2 slices of whole wheat bread 1 cup vegetarian baked beans	5 12	6 oz. soy yogurt 2 tablespoons almonds 1 baked potato 1 cup cut carrots
 <b>DINNER</b>	5 oz. firm tofu 1 cup cooked broccoli 1 cup cooked brown rice 2 tablespoons almonds	11 4 5 4	1 cup cooked lentils 1 cup cooked bulgur 1 cup cooked broccoli
 <b>SNACK</b>	6 crackers 2 tablespoons peanut butter	2 8	1 cup soymilk
	<b>TOTAL AMOUNT OF PROTEIN SUPPLIED IN SAMPLE VEGAN MEAL (PER DAY):</b>	<b>73</b>	<b>64</b>
	<b>TOTAL AMOUNT OF PROTEIN NEEDED (PER DAY)</b>	<b>56 - 70</b>	<b>46 - 58</b>