

## Black Bean Salad



### INGREDIENTS

- 2 cans** of black beans
- 1 can** of yellow corn kernels (or 1 ½ Cups of fresh or frozen corn).
- 1** red bell pepper, chopped
- 1** green bell pepper, chopped
- 1/2** red onion, chopped
- 4** limes, juiced
- A splash** of white vinegar
- 1/2 Cup** cilantro, chopped
- Salt & Black Pepper** to taste

### PREPARATION

- 1.** Chop the two bell peppers, red onion, and cilantro into small pieces, comparable to the size of the black beans and corn kernels.
- 2.** Mix all ingredients in a large bowl
- 3.** Add the juice of 4 limes (adjust freely to taste) and a splash of white vinegar
- 4.** Add salt and black pepper to taste. Mix well, enjoy on corn tostadas or with chips.

## Resources



### Eat to Prevent Diabetes

[pvhealthtrust.org/2019-health-forum/](http://pvhealthtrust.org/2019-health-forum/)

### Promote food justice

[canunite.org/our-work/projects-2/growing-justice/](http://canunite.org/our-work/projects-2/growing-justice/)



### Grow food

[Mesaverdegardens.org](http://Mesaverdegardens.org)  
[Lifelab.org](http://Lifelab.org)

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**Our Vision:** A community that has achieved climate justice so all people in the Pajaro Valley can thrive in harmony with the natural world.

We need universal access to healthy, affordable foods that don't harm our environment.



Learn organic farming  
[albafarmers.org](http://albafarmers.org)

Receive free fruits & vegetables and basic staples. No ID required, all are welcome.  
[www.thefoodbank.org/find-foodcomida/](http://www.thefoodbank.org/find-foodcomida/)



Cal Fresh phone number: (831) 662-0991

Increase access to healthy eating & active living for youth  
[unitedwaysc.org/jovenes-sanos](http://unitedwaysc.org/jovenes-sanos)



### Buy local

Purchase locally produced food at Farmer's Market on Fridays & in some local stores

Learn to cook  
[teenkitchenproject.org](http://teenkitchenproject.org)



Learn more about plant rich diets  
[www.pcrm.org/good-nutrition](http://www.pcrm.org/good-nutrition)



**CalEPA**  
California Environmental Protection Agency

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Global warming is threatening all life on Earth. Eating a plant-rich diet, supporting local organic agriculture, and reducing food waste are 3 important ways we can each act to prevent more damage to our world.

# A Healthier You for a Healthier Planet:

The benefits of a plant-rich diet for your health and for our world



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[regenerationpajarovalley.org](http://regenerationpajarovalley.org)

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## Health Emergency

The meat-heavy diet many people in the United States eat causes health problems and damages the environment.

### How do animal-based foods affect our health?

Eating large amounts of meat and other animal products can contribute to having breast, colon, and prostate cancer, developing or worsening diabetes, heart disease, obesity, and may contribute to having a premature death.

Diabetes and obesity disproportionately affect lower income people and people from certain ethnic backgrounds including Mexican- and African-Americans. Young people under 25 make up close to 50% of Watsonville's population. Our family-centered community is already facing a health crisis, which will get worse as global warming intensifies and negatively affects our health in many other ways.

## Climate breakdown

### Could People Go Extinct?

The greenhouse gas emissions resulting from human activities such as the mining, extraction, and burning of fuels from underground to produce energy, transportation, fuel, and plastics are acting like a blanket around the earth. This greenhouse gas blanket is trapping the sun's heat on earth, which is leading to changes in our ecosystems that we and at least a million other species may not be able to survive if we don't act quickly to stop and reverse the damage that we have caused.



### How is the changing climate affecting Pajaro Valley's people and agricultural community?

In 2017-2018 a survey of 324 people by Regeneración revealed the following challenges and concerns:

- People - especially those who work outside- have experienced illness and have lost work time (and therefore income) due to rising temperatures in our area.
- Our water supply, crucial for the farming business, sanitation, and personal hygiene, is being affected by more frequent and severe droughts.
- Farming is being threatened by changing, often unpredictable, and extreme weather patterns.

### What are some solutions endorsed by local residents through our survey?

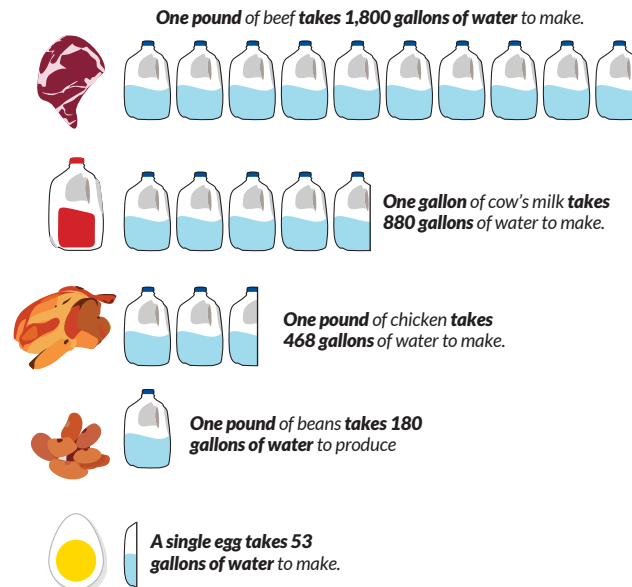
- One of the top-ranked solutions was the desire to increase access to local organic agriculture to reduce use of pesticides and protect personal health along with the environment.
- Respondents also indicated a willingness to eat more plant foods and less animal-derived foods to help protect the environment

## How does eating meat & other animal products affect life?

Species extinction, deforestation, topsoil loss, air and water pollution and acidification all result in part from the large-scale industry of animal agriculture. Farming animals on a small scale, as was common in the past, can be environmentally sustainable and even advantageous for eco-system health, but the way that it is being done now on a mass-scale is putting a strain on our natural resources and all life on earth. *Our current way of raising and consuming animals is simply unsustainable.*

### Water Use & Expense to Customers

The amount of water needed to produce animal products is staggering compared to the amount of water needed to produce plant-based foods. See how many gallons of water are needed to produce the following foods, according to data from the Pacific Institute and National Geographic:



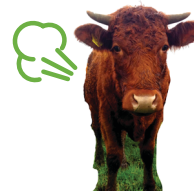
### Toxins



Pesticides, antibiotics, hormones & manure containing pathogens are all toxins that are being released into the environment as a result of industrial animal agriculture. Worldwide, cattle are the biggest "driver" for cutting down forests, turning healthy habitat into grazing land/pasture susceptible to flash flooding.

### Methane

Methane gas also traps heat in the atmosphere and is more potent than carbon although it doesn't last as long. Cows emit methane, so larger amounts of cows creates more methane gas.



### Why should you be concerned?

Our families' health and well-being are at risk. By increasing our consumption of plant-based foods and decreasing our meat consumption, we can help protect our own health and the health of our families and youth for everyone's long term well-being.

## Solutions

*A plant-rich diet will save you money, improve your health, and help sustain life on Earth.* You can help reduce the amount of precious water, land, and energy used to farm animals, especially cows, for consumption. This is one of the easiest ways for us to do our part and improve the conditions of the earth. For the highest benefit to all, look for locally grown, organic fruits and vegetables sold with no plastic packaging, and reduce food waste in your home.



Cook more of your own meals so you can control the amount of meat you purchase and serve.

Eat smaller servings of meat, incorporate more vegetables into your diet, and make more salads. Use meat as a "garnish", as opposed to a whole separate serving.



Physician's  
Committee  
pcrm.org

Try eating only plant-based foods one or more days a week, or eating only plants until dinner time. For each day you eat only plants, you reduce your carbon footprint by almost 3/4!

Try smoothies! Quick and easy to make, flavorful, energy-packed. Make them with fruit, vegetables, nut or soy milk, and protein powder.



Put a veggie twist on traditional recipes. Eggplant lasagna, mushroom tacos, cauliflower, potato/sweet potato/squash filled enchiladas or tamales, and so on.

### Here are some good sources of plant proteins

**Whole grains:** brown rice, quinoa, sweet corn

**Legumes:** black, pinto or garbanzo beans

**Lentils, nuts and seeds.**

**Vegetables:** green peas, broccoli, spinach, asparagus, artichokes, potatoes, sweet potatoes and Brussels sprouts.



Experiment with ways to cook vegetables: Steam, sauté, blanch, barbecue, grill, batter or fry them