Sustainable Wellbeing

By Chef Jen RDN/LDN, RYT-200

What is Sustainability and how does it apply to wellbeing??? Here is the dictionary definition:

1: capable of being sustained

2a: of, relating to, or being a method of harvesting or using a resource so that the resource is not depleted or permanently damaged

• sustainable techniques sustainable agriculture

2b: of or relating to a lifestyle involving the use of sustainable methods

• sustainable society

The highlighted text is what's applicable to us in that they are things that YOU CAN control in your daily life!

Here is what you can do:

1. Control your food waste. (Eat your leftovers or use portion control!)

2. Recycle.

3. Support local farmers and businesses.

4. Start a garden.

5. Shop in season foods

6. Minimize gas usage. In other words: can you carpool, bike or walk to your destination?

When you help control these things, you are improving air/land/water quality, the financial needs of others, promoting local jobs and a healthy lifestyle.

Learn more about Sustainability and its connection to Wellbeing by joining my Sustainability Series, starting 9/29 with a live webinar expanding on this discussion. It will continue every Tuesday until 10/27. The first 3 are live webinars that require registration, the last 2 are prerecorded, but will be accessible on our website. Click on the above links to go straight to our website!

Until next time….

Be well, eat well, walk your dog and Bon Appetit!!

~~ Chef Jen