**Green Champions Meeting Minutes - October 24**

**Catch up**

Attendees were asked what Green measures they are putting in place since the last meetings:

* Using scrap paper instead of printed cards to give people written reminders of appointment times
* Asking supplier to reduce packaging
* Having cheap washable glasses next to the water cooler instead of plastic cups

NWL Pharmacy Sustainability Group are holding a webinar on 16/0/24

**Engaging and Empowering patients**

Vasu shared slides outlining some of the resources available for this and ideas to meet this Bucket List item

Some other resources to help are:

[Physical activity guidelines for adults aged 19 to 64 - NHS (www.nhs.uk)](https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-for-adults-aged-19-to-64/)

[Walking for Health (blessedcbd.co.uk)](https://blessedcbd.co.uk/walking-for-health/)

[Self\_Care\_and\_OTC\_Items.pdf (forumhealthcentre.nhs.uk)](https://www.forumhealthcentre.nhs.uk/UserFiles/File/Common_Problems/Self_Care_and_OTC_Items.pdf)

**Dr Daisy Lund – Presentation on Plant Based Diets**

Dr Lund shared a brilliant presentation on why plat based diets are both good for the environments and good for people’s health. The attached presentation has many interesting take aways. Key points from her talk were:

* Unhealthy diets are responsible for ¼ of premature deaths
* Those on plant based diets should be taking a B12 supplement
* Additional resources and information worth seeking out are:
  + [Our World in Data](https://ourworldindata.org/) website for statistics on things such as food production and calories
  + Netflix Documentary – The Game Changers – athletes looking for the best diet for human performance and health
  + Eating our way to Extinction documentary - [Eating Our Way To Extinction [FULL DOCUMENTARY] 4K (youtube.com)](https://www.youtube.com/watch?v=_Ls2KEyb19E)
  + Plants based healthcare website [Plants First Healthcare Calling for adoption of Plant-Based Menu](https://plantsfirsthealthcare.com/)
  + Plant based health professionals 21 day plant based health challenge [21 Day Challenge | Plant Based Health Professionals UK](https://plantbasedhealthprofessionals.com/21-day-challenge)
  + Plant based health professionals online conference 9th November £5 each <https://nlmc.org.uk/>

A discussion was had about vegan recipes and in particular tofu recipes, so here are some resources from Dr Lund:

* Veganuary has a very useful website - here is their tofu page for some recipe inspiration - maybe as a group you all try vegan together for Januay 25?![https://veganuary.com/?s=tofu](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fveganuary.com%2F%3Fs%3Dtofu&data=05%7C02%7Celizabeth.hornibrook%40nhs.net%7Cc040052879c84d0962fa08dce7c779d5%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638640091127858270%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=IcIM5hdchrhqtEWPdi5xBZGMunvxc5k4k7n5dnFS9wY%3D&reserved=0)
* This is my favourite and simple tofu recipe that gets family approval! In fact Bosh has some excellent recipes online and cookbooks: [https://www.bosh.tv/recipes/crispy-chilli-tofu](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.bosh.tv%2Frecipes%2Fcrispy-chilli-tofu&data=05%7C02%7Celizabeth.hornibrook%40nhs.net%7Cc040052879c84d0962fa08dce7c779d5%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638640091127870070%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=n086Zjt517CPOrDgpX76c4fclUbUYHx9uHi0IqPVGww%3D&reserved=0)
* My go to Vegan Asian Coooking website: [https://www.veganricha.com/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.veganricha.com%2F&data=05%7C02%7Celizabeth.hornibrook%40nhs.net%7Cc040052879c84d0962fa08dce7c779d5%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638640091127881857%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=QeESWPkox753DxG3QLFXr3ZMtbfWZ5MjQ7zhaHR7fjY%3D&reserved=0)
* Climate Friendly Food Guide ( this is an Amerian resource but still useful [https://awellfedworld.org/wp-content/uploads/ClimateFoodGuide-2023.pdf](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fawellfedworld.org%2Fwp-content%2Fuploads%2FClimateFoodGuide-2023.pdf&data=05%7C02%7Celizabeth.hornibrook%40nhs.net%7Cc040052879c84d0962fa08dce7c779d5%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638640091127893738%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=xzSQQ86sJ8akXqw1PnbBTqn5aLcRdmwkpF6N0jPxu7c%3D&reserved=0)