



THE DISTRICT 19C ENVIRONMENTAL TEAM PRESENTS:

THE Forth 19C ENVIRONMENTAL SUMMIT

Thursday June 16, 6:30 PM-ZOOM

<https://us02web.zoom.us/j/83418407175?pwd=TS90VExQNHRdUcvVWV5NmE4ZXQyZz09>

### The Food Challenge: Eating for a Healthy Planet-

How we eat is one of the biggest parts of our carbon footprint and one of the biggest climate issues we actually have control over. Organic/Regeneratively grown, Locally Grown, plant based diet and wasting less food all have implications for climate change. We will discuss all of these...spoiler alert turns out eating in a way that is healthy for the planet is also healthy for your body!

Bio: Lynn Fitz-Hugh, is a 15 year Climate Activist, a mother, a Quaker and a psycho-therapist. She is the founder of Restoring Earth Connection. She is the former founder of 350Seattle.org and previous staff person for TCAT.

## SPEAKERS

**Lynn Fitz-Hugh & Lion Dr Barak Gale**

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