

THE TEN COMMITMENTS

for the Climate
this Shavuot



ecojudaism

Click on underlined words for resources

I

TRY vegan or vegetarian meals – You will be amazed at the alternatives, even for cheesecake

II

CONSIDER making a few non-dairy swaps in your everyday diet, like oat or almond milk – The biggest dairy companies in the world have the same combined greenhouse gas emissions as the whole of the UK

III

HAVE some meat free days – Not only does it help the planet, but eating meat no more than three times a week could boost our health and potentially save the NHS an estimated £1.2 billion a year

IV

STOP food waste – Try recipes from “Love Your Leftovers” (courtesy of Barnet United Synagogue) using food you already have

V

REDUCE landfill by committing to the 3R's – Reduce, Reuse, Recycle

VI

SAVE water – Have short showers rather than baths to limit water shortages that can be caused by climate change

VII

CUT your energy use – This reduces greenhouse gas emissions and pollution

VIII

PLANT a tree – The earth and its natural resources were here long before mankind. We have a responsibility to protect it for future generations. Deforestation and biodiversity loss threatens the health of the planet we call home

IX

JOIN the EcoJudaism project - Educate yourself and your community and help us towards Net Zero

X

THINK of the future - Believe you can make a difference!