

## **In 2017, Saving the Planet Starts in Your Kitchen**

### **Consumers are more powerful than they think when they make these five smart food choices, an environmental consultant says.**

Boston, Mass.—It is easy to feel powerless in the face of environmental problems such as climate change and health problems such as obesity and chronic disease. We might wonder if there is *anything* we could do as individuals that would make a difference in solving these dire problems. Yet there are five powerful steps individuals can take in the coming year (and years to come) to significantly impact their own health, the health of other people, and the health of our environment. So says Ellen Moyer, Ph.D., an environmental consultant and author of the soon-to-be-released book *Our Earth, Our Species, Our Selves: How to Thrive While Creating a Sustainable World*.

She says, “Whether we like it or not, or know it or not, our small actions repeated day after day add up to huge impacts. Consumers inescapably weigh in on a vast array of issues every day. We make a difference with each bite we take, and by reducing food waste because food is a basic way we fit into the web of life and interact with our world. By choosing whole, real, organically grown food—preferably favoring plant foods—we vote for everyone’s health, including our own. We also help the economy by reducing expenditures on health and environmental damage control.”

In an interview Moyer can explain:

- Five actions to take in the New Year that can significantly help you, other people, and our environment.
- The unfair advantage industrial food production enjoys over organic food production and how the unlevel playing field makes healthy eating nearly impossible for many of the economically disadvantaged.
- The good news—many of our health and environmental problems are reversible with solutions that already exist.

**Credentials:** For 30 years, environmental consultant Ellen Moyer, Ph.D., has dedicated herself to cleaning up contaminated soil and water and promoting green and sustainable practices to prevent new problems. She earned her doctorate in civil engineering and her master’s degree in environmental engineering. She is a registered professional engineer, U.S. Green Building Council Leadership in Energy and Environmental Design Accredited Professional, and regular contributor to *The Huffington Post*. She has co-presented more than 100 seminars in North America and Europe. Her latest book, *Our Earth, Our Species, Our Selves: How to Thrive While Creating a Sustainable World*, will be released in December 2016.

**Availability:** Massachusetts, nationwide by arrangement and via telephone

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