



Tips on having a more sustainable and inclusive Thanksgiving



Thanksgiving can be a complicated holiday for many living in the US. Use this Thanksgiving to learn about the history of Thanksgiving and what this day means for Indigenous people.

1. This Thanksgiving, acknowledge the land you're living on and the indigenous people who lived on it prior to colonialization. If financially able to donate to Indigenous groups.
2. Support your local community by donating food or money to food pantries, food banks, and mutual aid organizations. Buy local foods or shop at a farmer's market, for your Thanksgiving dinner to support the local economy.
3. Swap out the turkey for plant-based alternatives to reduce the carbon footprint of your food. According to a [study](#) conducted by Carnegie Mellon University, a typical Thanksgiving dinner that includes a roasted turkey, green bean casserole, and pumpkin pie emits around 22 pounds of carbon dioxide. [Eating plant-based](#) has notable environmental impacts, conserving more water, grains, land, and emitting less carbon dioxide.

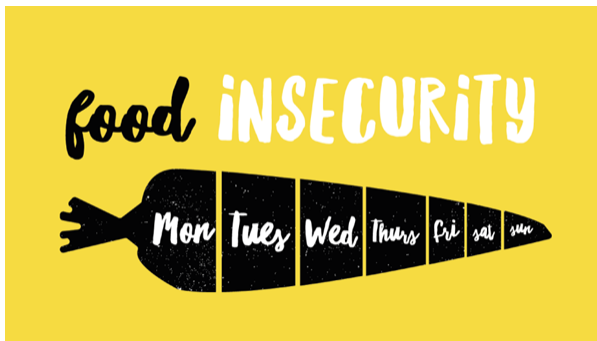
4. Reduce your food waste this year by buying what you need and composting any food scraps! Check out our [blog](#) on tips for composting this holiday season.
5. Lastly, stay safe this Thanksgiving by celebrating by following the [CDC guidelines](#) to prevent the spread of COVID-19. Zoom will be lifting the 40-minute limited for all meetings globally on Thanksgiving day to ensure people can safely celebrate virtually.

Environmental Justice Screening and Panel of District 15

Join the Office of Sustainability for a screening and panel afterwards of the short documentary District 15 produced by Patagonia on December 2, from 12-1:30PM. The documentary features the work of non-profit organization **Communities for a Better Environment (CBE)** which focuses on environmental justice and building healthier and sustainable environments in predominantly low income communities of color. District 15 highlights the residents of Wilmington, CA that are affected by a multitude of oil-drilling sites and how they're working with CBE to combat environmental racism. This virtual event will feature a screening of the documentary and a panel afterwards with CBE members. Sign up [here](#) to attend the event.



2020-2021 Food Insecurity Survey



Take the **2020-2021 Food Insecurity Survey** and help the University better serve the needs of our students.

Green Panther Article Picks

- [The Thanksgiving Myth](#)
- [Thanksgiving from the perspective of a Native American](#)
- [Decolonize Thanksgiving](#)

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