

Guelph FHT's Healthy Planet Prescription

Climate change is the current greatest population health concern.

We are experiencing more disease, allergies, malnutrition, heat stress and other health-related concerns. The good news is there is action we can all take to do our part to reduce carbon emissions.

Eat Plant Rich Foods



Choosing plant rich foods and reducing beef and dairy products has big environmental/health benefits. Think about trying:

- Lentils, chickpeas, beans, eggs, tofu, tempeh
- Nuts, seeds, nut butters
- Oatmeal, quinoa, whole wheat grains
- Oat, almond or soy milk

Did you know?

The climate footprint for 1lb of beef is 30kg of greenhouse gas emissions compared to 2.2kg for eggs and 1.5kg for tofu. Plant rich foods can lower the risk of diseases (heart disease, diabetes, cancer) and help improve overall health.

Plant rich food recipes:



Green Your Home



Small changes can make a big difference:

- Switch to LED light bulbs
- Adjust heating/cooling by 1 degree
- Open windows to cool home
- Use timers on lights to save energy
- Run large appliances at non-peak hours

Did you know?

These simple changes will save money on energy bills while helping the planet. Interest free loans and cost saving grants are also available through:

Canada Greener Homes Program:



Go Electric



Consider electric options when gas powered appliances (lawn mowers, ovens, stoves, snow/leaf blowers, furnaces, water heaters, dryers) are ready to be replaced.

Did you know?

Electric options improve home air quality, reduce greenhouse gas emissions and can help save money. This switch may also have rebate or income tax saving benefits too!

Ontario Energy Tax Credit:



Speak to Your Elected Leaders



Want to **connect with political leaders** about what is being done locally?

- Member of Parliament, Lloyd.Longfield@parl.gc.ca
- Member of Provincial Parliament, Mike.Schreiner.Mschreinder-co@ola.org
- City of Guelph Mayor, Cam.Guthrie.mayor@guelph.ca

Did you know?

Climate change was Guelph voter's top political issue (in the last federal election). The Canadian Just Transition Act looks to create a net-zero carbon emissions economy.

Canadian Just Transition Act:



Spread the Word



Talk with your friends and family about the changes you have already made and are thinking about making. Share your learnings and benefits. Feel good about doing your part to care for the planet and your health.

Did you know?

34% of Canadians are concerned about climate change, but many are unlikely to change behaviours that could have a big impact and are unaware of action plans to fight climate change. Climate change and health care are the top 2 concerns.

Public opinion on climate change:



Visit us online:
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Guelph Family Health Team