

HUNGRY?...

TRY THIS!

Skye's Chickpea Noodle Soup



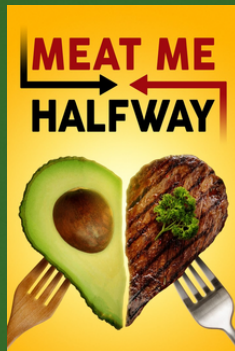
Ingredients

- 2 tbsp extra-virgin olive oil
- 1 medium yellow onion, chopped
- 1 cup sliced celery
- 1 cup carrots, peeled and cut into thin rounds
- ¼ tsp sea salt
- ½ tsp ground turmeric
- ½ tsp curry powder
- 1 bay leaf
- 1 can chickpeas, rinsed and drained
- 1 cup dry spiral pasta
- 2 tbsp chopped fresh parsley, plus extra for garnish
- 8 cups vegetable broth
- Black pepper + sea salt, to taste

Method

In a large soup pot, warm the olive oil over medium heat. Add the onion, celery, carrots and ¼ tsp salt. Cook until the onions are translucent and soft, stirring often (about 5-7 minutes). Add the turmeric and curry powder and stir constantly for 30 seconds. Add the chickpeas, pasta, parsley, bay leaf and broth. Increase the heat to high and bring the soup to a simmer, then reduce the heat to medium-low and continue simmering until the pasta is al dente (about 10-20 minutes). Remove the pot from the heat and season with salt and pepper to taste. Garnish with parsley. Once cool, store the soup in an airtight container in the refrigerator, for up to 5 days.

SAVE THESE FOR YOUR NEXT MOVIE NIGHT



Meat Me Halfway

The path to going plant-based has obvious upsides, but can also be isolating and difficult.

Shouldn't there be some middle ground for people looking to make a change without totally upending their lives?

Follow the Food

A multimedia series by BBC Future and BBC World News that investigates how agriculture is responding to the profound challenges of climate change, environmental degradation and rapidly growing populations that face our global food supply chains.



LOOKING FOR AN ELECTIVE?

- APBI 361: Key Indicators of Agroecosystem Sustainability
- BEST 201: Plants, Carbon, and Environment
- CONS 200 Foundations of Conservation
- CONS 210 Visualizing Climate Change
- FRST 100 Sustainable Forests
- GEOG 310 Environment and Sustainability
- NURS 290: Health Impacts of Climate Change

CLIMATE FRIENDLY FOOD TIPS!



Scan me to visit the full climate-friendly food systems handbook!

DECODING IMPORTANT TERMS

Sustainability

Meeting our needs without compromising the ability of future generations to meet their own needs.



Plant Based Eating

Consuming a diet of primarily plants. Places an emphasis on making plant-based foods the star of your plate without necessarily eliminating all animal products.



Food System

A food system refers to every element of the system of production, distribution, and consumption, and waste management relating to food, and how these elements interact.



GHG Emissions

Gases that are released into the atmosphere as a result of human activity. GHG's contribute to planetary warming and climate change by trapping heat in the atmosphere.



HAVE YOU SEEN THESE SYMBOLS?



The Climate-Friendly Food (CFF) Labels provide the UBC community with an opportunity to learn more about how their choices, supported by a more sustainable food system on campus, can help reduce the university's overall GHG emissions.

FIND THE LABEL IN UBC'S DINING HALLS

OPEN KITCHEN



CLIMATE FRIENDLY PROTEIN SOURCES

<p>WHOLE GRAINS 13 G PROTEIN PER 100 GRAMS</p>	<p>BEANS 21 G PROTEIN PER 100 GRAMS</p>
<p>TOFU 8 G PROTEIN PER 100 GRAMS</p>	<p>LENTILS 9 G PROTEIN PER 100 GRAMS</p>

WHY SHOULD WE EAT LOCAL?

By eating local and seasonal, we are supporting local economies and helping local food systems flourish.