



Transition Haslemere press release Monday 17 May 2010

IS OUR DIET DAMAGING THE PLANET?

What we eat has a profound affect on the planet. The way our food is produced, prepared and delivered has an impact not only on our water sources and our landscapes and eco-systems, but on the welfare of farm animals, and the operation of our local and global economies. Our diet is usually also the third biggest source of our individual carbon emissions after our energy use and transport. But unlike many other aspects of our lives, we can exercise considerable control over what we eat. So what factors must we weigh up in choosing a diet that is healthy for both us and the planet?

In the third of Transition Haslemere's talks on sustainability issues, Joyce D'Silva, director of public affairs for Compassion in World Farming and chair of the board of directors of the Washington-based Global Animal Partnership, will look at the impact of our diet on the planet and suggest ways to plan a menu that is good for our health and for the natural world around us.

Is our diet damaging the planet? A talk by Joyce D'Silva. 7.30pm, Wednesday 26 May. Haslemere Educational Museum, Haslemere High Street. Entrance £2.50.

**A photo of Joyce D'Silva follows this press release*

For further information see the Transition Haslemere website at www.transitionhaslemere.org or email transitiontown@haslemere.com

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