DENR-EMB launches plant-based solutions campaign against climate change

The Department of Environment and Natural Resources Environmental Management Bureau (DENR EMB) recently launched its Plant-Based Solutions for Climate Action campaign to help fight the worsening effects of climate change.

“As we encourage urban gardening in this time of community quarantine, we also want Filipinos to consume what they harvest,” said William P. Cunado, OIC-Director of the EMB adding that growing one’s own food is already a climate action or a way to protect the environment and to keep it clean and healthy.

“We hope to instill the practice of eating vegetables along with the right amount of grains and starches or go food, protein or grow food, and fruits and vegetables or glow foods,” he said.

Dubbed as #UOTD or Ulam of the Day, the month-long campaign encourages the public to include fruits and vegetables in their three main meals every day following the Food and Nutrition Research Institute (FNRI) recommended portions of go, grow and glow food.

Cunado said studies done by the United Nations have shown that plant-based foods can help fight climate change while meat production and consumption fuels global warming.

“By gradually modifying our meals and shifting to balanced diets with more plant-based food, we have already taken part in reducing greenhouse gases which in turn will help slow down the rise in global temperatures,” Cunado added.

A plant-based diet can lower blood pressure, keep the heart healthy, keep the brain strong, and help in weight loss. It can also prevent Type 2 diabetes, decrease the risk of cancer, improve cholesterol levels and minimize the risk of stroke.

The #UOTD or Ulam of the Day campaign is a photo contest where participants will take a photo of the food on their plate based on the FNRI Pinggang Pinoy, a visual guide on consuming the right kind and amount of food in every meal. The guide is age-specific and varies for kids, teens, adults, elderly, pregnant and lactating women.

The submitted photo should represent the different food groups - go, grow and glow - that should be on each plate. The contest runs from July 4 to July 20, 2020. Entries should be sent through email at eeidcentraloffice@gmail.com with the subject: #UOTD. For further details on the contest, visit the EMB Central Office Facebook page. #