



FOOD JUSTICE NOW!

In the modern world, food has come to be viewed as a commodity: the more purchasing power one has, the more and higher quality food they can buy. As a result, the unprivileged groups of the society, BIPOC in particular, have been denied access to healthy and nutritious food, which undermined their well-being. Obesity, diabetes, and cardio-vascular disorders, to name a few, are all results of food insecurity. This should not, cannot, continue. It is time to start viewing food as a human right: no matter what one's socio-economic status is, one must have equal access to wholesome, diverse, and nutrient-rich food.

Dr. Ricardo Salvador, the Union of Concerned Scientists' Director of Food and Environment Program, is giving a talk about the history of structural and racial inequities in our current food system and how to address them to achieve food justice for all - tonight. Join the discussion on **Monday, October 26, at 7:30 pm**. Zoom link: <https://sewanee-edu.zoom.us/j/88215687340>.

[Join the meeting](#)

MAKING ECO-FRIENDLY CLEANING PRODUCTS



As we find ourselves amidst the global pandemic, we are concerned about safety more than ever. That is why we thoroughly maintain the cleanliness of surfaces using A LOT of cleaning products, which are not necessarily good for the planet.

Sustain Leader Monae Scott (C'23) has come up with a solution - let's make our own eco-friendly disinfectants!

[MONAE'S RECIPES](#)

SPOTLIGHT

Elizabeth Wells, C'23, never thought she would end up in environmental studies until one camping trip that opened her eyes on nature's beauty and vulnerability. Now she is an Environmental Resident on a mission to (re)connect Sewanee students with the outdoors.

Read Elizabeth's "This I Believe" essay on her path to sustainability, overcoming challenges, and the importance of outdoor education.

[READ THE ARTICLE](#)



GREEN DICTIONARY

Eco-anxiety is a chronic fear of environmental doom, as American Psychological Association defines it. It is characterized by feeling high levels of stress, grief, and anxiety over the state of the environment. A subcategory of eco-anxiety, **climate change anxiety**, is increasingly having a toll on people worldwide. However, as psychiatrists explain, eco-anxiety is not a formal mental disorder but rather a normal, expected human reaction to very real threats of enormous existential proportions posed by climate disruption.

[Here you can find tips on coping with eco-anxiety.](#)



ENVIRONMENTAL ART

A Farewell

I am wine drunk on autumn leaves--
crushed summer corpses beneath my feet
hungry for a poem that keeps its feet
dances out a dream and leaves.

I'm not like you but my daughter is.
She keeps her nightmares up her sleeves.
Stitched to her heart stretched on her sleeves,
She says it's not sad, but it is.

Tomorrow I'll sing her half to sleep.
The other half we'll write out verses.
I'll make up entire universes
She'll sing them all to quiet sleep.

I am wine drunk on autumn leaves.
Cough up brittle winter bones.
I toss the silver in my bones.
I'll think about you when she leaves.

Mandy Moe Pwint Tu, C'21

[Ready to share your art?](#)

SUSTAINABILITY EVENTS

Ongoing

What: **Nature Photo Contest Announcement**
Who: Students, Employees, & Community Members

Mon, Oct 26

What: **"Fixing Our Plate" - Ricardo Salvador**, guest lecture
When: 7:30pm, **Zoom**
Who: Students, Employees & Community Members

Wed, Oct 28

What: **Papermaking** with Greenhouse & Fine Arts House
When: 3:30-4:30p
Who: Students
Where: Emery Hall (Greenhouse) Lawn

Thu, Oct 29

What: **DIY Eco-Friendly Cleaning Products** with CoHo & Sustain Sewanee
When: 4:30p
Who: Students, Employees, Community Members
Where: Quad

