GUIDE TO A CLIMATE-FRIENDLY DIET

Here are a few steps you can take:

1. **Plant a Garden**
   - Start a garden in your backyard or community garden. Growing your own food reduces the transportation emissions and supports local agriculture.
   - Incorporate a variety of plants to support local pollinators.

2. **Eat Local**
   - Choose locally grown foods to reduce the carbon footprint of transportation.
   - Support local farmers and their sustainable practices.

3. **Reduce Meat Consumption**
   - Meat production is one of the largest contributors to greenhouse gas emissions.
   - Consider eating less meat, especially beef, which has a higher carbon footprint than other meats.

4. **Conserve Water**
   - Choose crops that require less water and use water-saving techniques in your garden.
   - Conserving water reduces the energy needed to pump and treat water.

5. **-combine all steps

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Here are some additional tips for living a more sustainable lifestyle:

- **Composting**
  - Reduce waste by composting food scraps and yard waste.
  - Composting reduces the carbon footprint and produces nutrient-rich soil.

- **Energy Efficiency**
  - Insulate your home to reduce heating and cooling costs.
  - Use energy-efficient appliances and light bulbs.

- **Reduce, Reuse, Recycle**
  - Minimize waste by reducing consumption, reusing items, and recycling.
  - Supporting recycling programs can divert waste from landfills.

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For more information and resources, visit the Forest Glen Climate Toolkit website at [www.forestglennclimate.org](http://www.forestglennclimate.org).
Forest Glen Climate Toolkit

Edgebrook  Forest Glen  Sauganash  Wildwood

Making a world of difference right here at home.

The earth’s climate is changing in many ways. Climate change is caused by human activities like burning fossil fuels that produce carbon dioxide and other greenhouse gases. Climate change already brings Chicago flooding, heavy snowfall, and heat waves. Fortunately, it’s not too late for us to make a difference. Our community is taking climate change into our hands to make our city – and the world – a cleaner, greener place.

In 2011 the Field Museum named Forest Glen and three other Chicago communities as partners in its Climate Action Toolkit project to develop programs that address both climate change and local concerns. Boy Scouts and Girl Scouts from Edgebrook, Wildwood, Sauganash and Forest Glen, guided by troop leaders and the Sauganash Chamber of Commerce, carried out four major projects to encourage local climate action and to lower the community’s carbon footprint. These efforts also aimed to support local businesses, beautify the community, and tackle area problems like mosquitoes and flooding.

- Boy Scout Troop 626 mounted 13 bat boxes in natural areas across the community. Since bats prey on mosquitoes, they serve as an excellent alternative to conventional pesticides.
- Girl Scout Ambassador Troop 20904 maintains a straw bale vegetable garden behind a neighborhood church using natural fertilizers and conservative watering practices.
- At Norwood Park Village Nature Center, Boy Scout Troop 626 planted a garden of native species with long roots that require less water, store carbon, and help absorb storm water.
- Boy Scout Troop 626 installed 40 rain barrels at homes, schools, and businesses across the community. Rain barrels help conserve water and manage storm water.

The Chicago Climate Action Plan’s goal is to reduce carbon emissions 25% below 1990 levels by the year 2020.

Forest Glen residents will continue to advance these local efforts in the years to come. Please visit the links below to find out more and get involved!

climatechicago.fieldmuseum.org/forestglen
Boy Scout Troop 626

- Troop 626 did a lot of helpful things
- They installed 40 rain barrels and 13 bat boxes
- They also made a native plant garden in the North Park Village Nature Center
Troop 626 planted a native garden in North Park Village Nature Center.

- The climate-friendly plants have long roots.
- Native plants don’t need much water, store carbon, and absorb storm water.
The plants in the picture are Black Eyed Susans
Bat Boxes

The bat boxes were very heavy so they needed lots of boy scouts to post them. Each bat box is perched atop a 16’ pole embedded in a 24” concrete-lined hole.
What they did

- The bat boxes each hold over 200 small bats that eat mosquitoes
- The bats are about the size of a thumb
- Since we have flooding and lots of water we can use the bats to help stop the mosquito West Nile disease
- A single bat can eat thousands of mosquitoes in a matter of hours, reducing the need to spray poisonous insecticides
Flooding
Girl Scout Troop 20804

“Hope Garden

- The girl scout troop planted a small straw bale garden behind a local church
- Troop 626 installed a free rain barrel for fresh garden water
- The garden included peppers and many types of vegetables
Straw bale garden
Why it was good

• The straw bail garden was very unique instead of digging into the soil, the straw bales let them plant above ground

• Growing food locally “Garden to table” reduces our carbon footprint

• It’s all fresh and organic
This was the sign describing the rain barrels.
Sustainability

• Now that the work is done we need to keep the projects going

• We use communication which is what these signs are for

• We replicated the straw bale garden at a local school last summer
North Branch Arts Garden

This is the North Branch Arts community garden including a rain barrel and holistic sign.
This is one of two Metra stations that have a holistic sign in the background.