

THE ECO MOSQUITO

SUSTAINABILITY NEWS AND EVENTS AT HLC AND BEYOND

Want to Host without a Roast?

With a hat tip to our friends at the Nutrition Source, here are five alternatives that minimize meat and add up to a delicious nourishing meal and make for a more sustainable Thanksgiving:



1. Vegetarian Shepherd's Pie
2. Three-green & Wheat Berry Salad with Mushroom "Bacon"
3. Olive Oil Dressing with Chicken and Walnuts
4. Butternut Squash Soup
5. Quick-Pickled Beets and Fennel

Full recipes available at <https://hsph.me/1qr>

Eco Mosquito Re-Design

Welcome to the newly re-designed Eco Mosquito. After 45 issues and four years in print, we thought it was high time that the Eco Mosquito was given a refresh. We hope you like the new look, please send feedback to ecoop@hsph.harvard.edu

Go Cold Turkey

This Thanksgiving season, take the Cold Turkey Pledge on our website: <https://hsph.me/coldturkey>. This year both lab and office members are encouraged to reduce the burden on our resources, by shutting down equipment during the Thanksgiving break.



DID YOU KNOW?

Livestock production, which includes meat, milk and eggs - contributes 40 percent of global agricultural gross domestic product and uses one third of the world's fresh water.

DON'T MISS THIS!

Nov. 16 @ 2-3pm - EcoOpportunity Meeting. Minot Room 5th Floor, Countway Library. Snacks will be provided, please bring your own reusable plate and/or cup.

ecoopportunity



HARVARD
LONGWOOD CAMPUS



#EcoMosquito

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