



Sustainability Newsletter

Public Works & Engineering Division

ROSEVILLE SUSTAINABILITY

JUL/AUG 2023



Sustainability Tip of the Month—Veganism



Your Input Needed!



Stop Food Waste Program



Be a Roseville Sustainable Steward!

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Sustainability Tip of the Month— Why Veganism?

This month's tip comes from Andrea Ray, our summer sustainability intern from the University of Minnesota!

In order to understand veganism, let's look at the best definition of the term. Being vegan, as defined by the [Vegan Society](#):

"is a philosophy and way of living which seeks to exclude—as far as is possible and practicable—all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of animals, humans and the environment."



Photo by [Anna Pelzer](#) on [Unsplash](#)

As a lifelong animal lover, I decided to go plant-based about 3 years ago. Once I became aware of the logic and reasoning behind the lifestyle, I saw no reason to continue to consciously contribute to the harm and suffering of innocent animals across the globe. Not only did I make this change out of respect and compassion for animals' lives, but also as a way to reduce my personal carbon footprint. Stanford's News Magazine [found that](#):

"Phasing out animal agriculture over the next 15 years would have the same effect as a 68 percent reduction of carbon dioxide emissions through the year 2100. This would provide 52 percent of the net emission reductions necessary to limit global warming to 2 degrees Celsius above pre industrial levels, which scientists say is the minimum threshold required to avert disastrous climate change."

Veganism has not only proven to benefit animals and our environment, but has also been proven to benefit human beings personally. The American Journal of Clinical Nutrition found that vegan diets are associated with "a lower risk of cardiovascular disease (CVD), obesity, type 2 diabetes, and some cancers."

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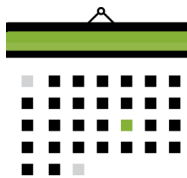
Given the evidence provided, it is an undeniable fact that going vegan will provide worldwide and personal benefits. However, this is not to disregard the potential risks associated with the diet. Put simply, if you are feeling inspired to make this dietary change, it is highly recommended that you look into dietary supplementation. While that might sound tedious and/or intimidating, I assure you that it doesn't have to be. Personally, I take 6 supplements: plant-based protein powder, a multivitamin, vitamin B12, vitamin D, calcium, and creatine. Those are the necessary additions to my diet, but if you would like to investigate further to see what would work for you, I recommend you visit [this resource](#) from vegan.com.



Photo by [Hermes Rivera](#) on [Unsplash](#)

After reading about what it means to be vegan, why be vegan, and how to do it safely, I am hopeful that you kept your mind open. It is easy to feel judged or attacked when someone questions your everyday eating habits. That is not how I intend to make you feel. As stated, I have not always been vegan. I needed someone to question my behavior before I adopted the diet. Going vegan has been a very grounding, humbling, and enlightening experience for me. For that, I will always be grateful to have had my mind changed by my friend years ago. I hope that you're feeling adventurous enough to give it a try too!

Upcoming Events



Ramsey County Environmental Service Center Community Conversations —Tuesday, August 1, 5pm-6:30pm, Roseville Public Library, or Tuesday, August 8, 12pm-1pm on Zoom. Learn more about the project, ask Ramsey County staff questions, and provide feedback.

Rice & Larpenteur Summer Block Party —Saturday, August 12, 11am-3pm, Rice & Larpenteur intersection. Celebrate our fantastic community and neighborhood diversity with live music, local food, and family-friendly activities, including a bounce house and free back-to-school haircuts! We will be there with sustainability resources to share.

Visit us at the State Fair! Thursday, August 31, 10am-6pm. Noelle will be in the e-bike exhibit from 10am-3pm, and 3:30pm-6pm in the GreenStep Cities exhibit. Come learn about clean transportation and local government climate work!

Your Input Needed!

Ramsey County Climate Action Plan—Ramsey County is adapting the MN Climate Action Framework to guide their climate change response. [Fill out the survey on their Climate Action page](#) (under the "Get Involved" section) to share your ideas and concerns with the County, and watch that page for upcoming engagement events.

Saint Paul Bicycle plan—Our neighbor to the south is updating its Bicycle Plan. Public comments are due by **July 31**. Take the survey or add comments to their interactive map!

Rethinking I-94—Highway 94 is scheduled for significant restoration between Minneapolis and Saint Paul. Original construction of the highway destroyed the vibrant [Rondo Community](#). [Take their survey](#) of various design alternatives to provide feedback on this critical project.

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Stop Food Waste Challenge

Did you know that about 40% of food is wasted somewhere along the supply chain? That's like stepping out of a grocery store with five bags of food and dropping two in the parking lot. You may not think you waste that much food at home, but the little bits here and there add up.

Hennepin, Ramsey, and Washington Counties are collaborating on the **Stop Food Waste Challenge** during the month of August to help you notice when you are wasting food, connect you with resources to help you reduce it, and provide support and motivation along the way.

Interested in participating? **Click this link** to join the City of Roseville's team! I will be taking part in the challenge this month, since I know I have a lot I can improve on. Select even just one or two actions to work on and learn about over the month—tracking your activities helps our team win points!

I hope you'll join me and the rest of the Stop Food Waste Challenge participants to prove that everyday actions can make a big impact!



Are you a Roseville Sustainable Steward?



ROSEVILLE
SUSTAINABLE STEWARD

Do you try to take day-to-day actions to reduce your environmental impact? Do you own a Roseville business that's making efforts to reduce energy usage or waste within your operations? Are you working on a significant home or commercial building project that incorporates energy efficiency and/or renewable energy?

We want to hear from you! Last year we introduced our **Roseville Sustainable Steward program** to recognize residents and businesses doing good work to make our community more sustainable.

Please complete an application form if any of the above questions describe you! Qualified applicants will receive a window cling, sticker, and/or a yard sign, and all applications will be entered into our annual award contest to receive a cash award, certificate, and City Council recognition. Please **contact us** if you have any questions—we encourage everyone to apply!

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Positive Climate News

Low emission zones are improving health in the UK and Europe. "Ultra low emission zones," or Ulez, are areas where vehicles that fail to meet emissions standards must pay a daily fee to travel within the zone, which limits the number of vehicles passing through. Studies are now showing that they help reduce heart and circulatory problems in residents.



California Enacts Permanent Protections for Joshua Trees: the Western Joshua Tree Conservation Act is the first legislation in the state to protect a species from climate change.

Wind Power Overtakes Coal in US Energy Race: data released by the US Energy Information Administration reports that wind energy produced more electricity than coal in April 2023. (Consider a Windsource@ subscription to support more wind-powered electricity at your home, apartment, or business!)

The summer of animals pushing back: We've heard a lot about orcas attacking boats (now believed to be a form of play). Now there's also a California sea otter famous for stealing surfboards, and Dutch researchers observed birds using anti-bird spikes to reinforce and protect their nests, particularly (and not surprisingly) intelligent corvids such as magpies and crows.

And for fun...Leonardo DiCaprio is the most trusted public authority on the climate crisis (even more than Al Gore), according to an online survey of 1500 US residents in June. I feel somewhat vindicated thinking about the wall in my bedroom dedicated to photos of Leo during the peak Titanic era of the early 2000s.

Thank you from your Roseville Sustainability Team!

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