



Friday 12th July 2024

'What keeps me optimistic is that so many of us want this change to happen, and I think together we can win this'

Elizabeth Wathuti, Kenyan Climate Activist,
Green Climate Fund Youth Champion.

It's a time of change, new political leadership in the UK, nearly the end of another school year ... and an increasingly obvious changing climate. We are fortunate that there are many amazing heroes leading the charge, helping us make the changes we need to restore and protect our planet, including youth activists like Elizabeth Wathuti, and Christiana Figueres – UN Paris Agreement champion. If you're looking for optimism based on grit and determination in the face of daunting but unavoidable challenge, check out this Christiana Figueres' TED talk – [Stubborn Optimism on climate](#).

Food systems are responsible for a whopping 40% of global emissions, transitioning to 'alternative' proteins can substantially reduce this. This week Young Climate Warriors are encouraged to be adventurous with pulses. If we want change to happen it might need courage, just a little grit and possibly some determination.



IT'S TIME TO RAID YOUR STORE CUPBOARD ...
... hunt down the pulses!



Pulses – what are they? Which pulses can you find – lentils, chickpeas, dried beans, dried peas?

Be adventurous ... can you make a meal out of pulses – or check out a new pulse recipe? Please check with your parent/carer first.

Getting our daily protein requirements from eating more pulses and wholegrain can help reduce our impact on climate change.

How adventurous are you ... would you try these if you were offered them – mealworm cookies, red ant chutney, roasted crickets?

This week's challenge:
12th July



YOUNG CLIMATE WARRIORS

When you've completed this challenge ... Remember to hit the red button!

