



One Great Idea... The Future

Many thanks to all of you for helping to build a better world for our living planet.

[Find out more](#)

DEAR FRIENDS

Our School Projects Are Successful

The laughter in the classroom said it all. Success was apparent by the look on all the pupils' faces. The biggest compliment one can receive when teaching is to witness the sheer enjoyment of those participating, and, yes, that even included some of the teachers. The head teacher was delighted and asked Bill and me to return to teach a longer programme. This was music to our ears.

The practical session was fun and informative in both the schools where we recently presented our Human Ecology Project. My vegan burgers went down a treat and the pupils were very proud of their cooking skills.

Foundational Teachings

We answered many questions about what food is. It seems such a simple question, but when you delve into it, boy, does it open the door to a great conversation? My answer is always the same. That depends on what species we are talking about. What organism? Food can be defined as a substance that, when ingested, can be incorporated into flesh and blood. So, what the food is, has to be relative to the organism we are discussing.

”

Thank you so much for such a wonderful session for our students. They really enjoyed it, and we would love to look at some other sessions for our coming school year. I'm now very much looking forward to the summer holidays and the chance to use some of your recipes!

Kate McCabe

Assistant Headteacher - Greyfriars Catholic School



[Read more](#)



”

*Thank you so much for coming to The Oxford Academy last week and bringing all your enthusiasm for veganism with you, it certainly gave the children something to think about, they are really not used to tasting different foods, so I must admit I was pleased with the way they worked. Also, a really big thank you for the wonderful books you gave to the children and staff. It is an easy but interesting read. - I dipped into mine over the weekend and found it full of things to think about.
Thank you for giving up your time.*

Judith Brown
Oxford Academy

QUICK GLANCE

Editorial comments in this issue

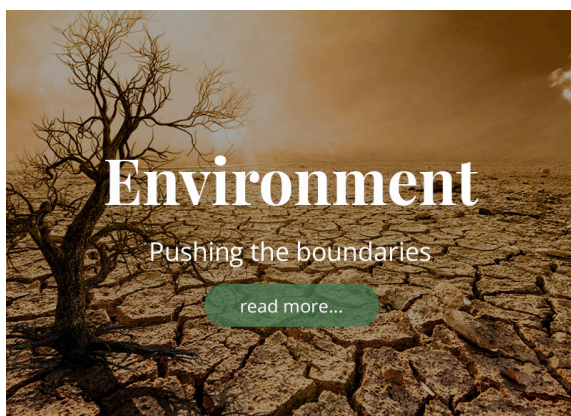
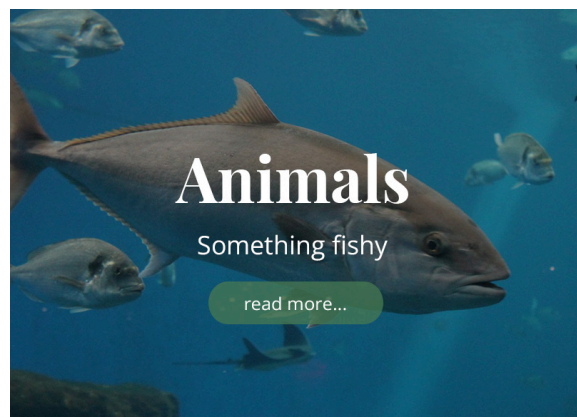
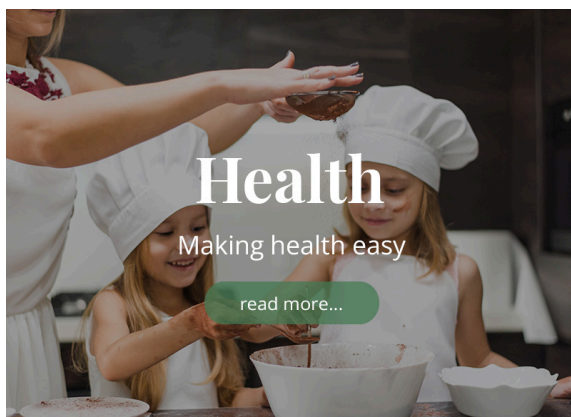
Health - Self-empowerment is the road to health.

Environment - How society is crossing lines of the climate crisis.

Animals - Unravelling the myth about fish eating.

Society - Coming together, working together with education.

Podcasts - Dr Sailesh Rao – Dr Will Tuttle



Bill and I say day in and day out that **education is the biggest tool we possess to assist us in moving toward a vegan world**. Non-violent, peaceful presentations and bringing people together is the way forward. So, on that note, enjoy these fabulous presentations from our wonderful advisory board members sharing their powerful messages. You can view them on our YouTube channel or listen to or view them on our Spotify channel.



Dr. Sailesh Rao

A massive shift by billions of humans away from eating animals is key to our survival and would accomplish what a GIANT carbon capture machine could do.

[Watch now](#)



Dr. Will Tuttle

An exploration into the underlying cultural food narratives in our society, and how they have eroded our freedom, health, spirituality, and awareness.

[Watch now](#)

Our Mission

As always, Bill and I are committed to [our mission](#) of making good health available to everyone, everywhere. Thank you for reading, sharing and for your support of our work.

In good health

Bill and Marlene X

Please add my address to your contacts to make sure these emails don't get lost - billandmarlene@humanecologyproject.com

LISTEN TO

This month`s Podcasts



Dr. Sailesh Rao

[Listen to this Podcast](#)

Dr Rao explains how a massive shift by billions of humans away from eating animals would accomplish what a GIANT carbon capture machine could do.

Dr Will Tuttle

[Listen to this Podcast](#)

So many dilemmas we collectively face. However, FOOD FOR FREEDOM will be highly instrumental in waking up the world to a global disaster that we believe can still be avoided.

RECIPE

A Feast from the Ecological Kitchen



Peach Kanten with Sweet Date Cream

[Download the Peach Kanten with Sweet Date Cream](#)

Cooking is LOVE made edible. That's my motto. This easy and delicious summer treat is a winner every time. Kanten is a Japanese dessert that is somewhat likened to jelly or Jell-O. It is made with agar-agar, a gelatinous substance that is found in several species of dried seaweeds. It's a classic macrobiotic dessert. Deliciously simple, and simply delicious, this healthy dessert is also packed with the natural fibre in agar flakes.

[Download recipe!](#)

GET INVOLVED

Take Action

Join us in this great adventure, [subscribe to our newsletter](#) and get involved, and become a partner in this exciting project. Please browse through the [website headers](#) where you will find a host of free offerings and some great ideas to become a part of Human Ecology Project.

Donate

We know any donation to our work represents your time and labour.

It makes every donation precious to us.

[Donate now!](#)

Volunteer

We need researchers, especially people who are willing to follow our lead.

Knowledge of nutrition and ecology is helpful but not essential.

[Volunteer now!](#)

Donate

Registered Charity Number
1201615 (UK) Human Ecology
Project is a 501 (c)(3) non-profit
organization in the USA

Volunteer

71-75 Shelton Street, Covent Garden
London WC2H 9JQ

billandmarlene@humanecologyproject.com

FOLLOW US ON OUR SOCIAL MEDIA

Stay connected



[Click here to opt out of Human Ecology Project Emails](#)

[View full newsletter in browser](#) | © 2023 Human Ecology Project. All Rights Reserved

