



One Great Idea... The Future

We all need to do what we can to create a healthy and peaceful world for future generations.

[Find out more](#)

DEAR FRIENDS

Progress & Education

This past year has been a busy one for The Human Ecology Project. We have managed to create activity and interest in three areas: **Education, Outreach, and Media**. Our video/workbooks are always available to use for any educational project you may be involved with. They are a great source of information for schools, colleges, universities, community groups or just for private use. This year, we will be producing a new series to complement the seven now available. Download, share and enjoy.

[Read more about Progress & Education](#)

Please view and share our two minute video introducing our seven video/workbooks.

Please check out our free videos and workbooks on our website. Set up your own study groups with friends, family, communities, schools, colleges and universities.

Food is life. Making healthy, tasty, and nutritious meals mainstream while reconnecting people to their kitchens is one of our many passions. Inspiring and encouraging all whom we meet to switch to a wholefood, plant-based, vegan diet is where the thread of our Human Ecology Project begins.

Our vision is forever strong.



Upcoming Events

Next month, we are launching many exciting projects, particularly our first full-day vegan workshop at Oxford University.

WHY VEGAN?

Creating a Healthy Future for Human and Non-Human Life.
The media is filled with bad news about the health implications of the food we eat. The direct connections between our diet and disease are overwhelming. What can we do?

This one-day event explores the practical approach to changing our relationship with food from sickness to health, violence to peace, and hopelessness to sustainability.

Reuben College
UNIVERSITY OF OXFORD

Saturday, 5th April 2025

9:30 am – 10:30 am
Why Vegan?
The ethical arguments in favour of being vegan

Professors Gary Francione and Anna Charlton

----- 10:30 am – 11:00 am **Coffee Break** -----

11:00 am – 12:00 pm
Our Food is Our Future
The Environmental Impact of Our Food

Bill Tara

----- 12:00 - 12:30 pm **Comfort Break** -----

12:30 pm – 2:30 pm
Delicious Lunch and Presentation
The Ultimate Health Experience
Life Skills for Healthy Living

Marlene Watson-Tara

2:30 pm **Q&A's - With Presenters** 3:30 pm **Finish**

Workshop at Oxford University

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[View full Timetable](#)

Another First for the Human Ecology Project - Parents Evening.

Bill and I will work with the pupils in the afternoon and prepare a delicious supper for the parents arriving at 6.00 pm. Our presentations will focus on affordable health care at home.

Our free video/workbook, **What To Eat**, will be available for all participants, and we will encourage all attendees to start their own study groups. Delving deep into all aspects of our Human Ecology Project is where change takes place.

HUMAN ECOLOGY PROJECT
THE PERSONAL IS PLANETARY
Registered Charity Number 1201615

Greyfriars School provides education and experience of the highest quality and is delighted to present these two events.

Presentation for Pupils and Parents
MAR 12 Wednesday 12th March 2025
with Bill Tara & Marlene Watson-Tara

Cooking is Love Made Edible
14.10 - 15.10 Cooking/Nutrition Workshop with pupils

Affordable Health Care Starts in Your Kitchen
6pm - 7pm Parents Evening

Connecting the Dots for a Planet in Crisis

Education is the most powerful tool we have to bring about change.



Please check out our free videos and workbooks on our website. Set up your own study groups with friends, family, communities, schools, colleges and universities.

A Feast from the Ecological Kitchen



[Download Black Bean Soup with Sour Cream](#)

Beans are the unsung heroes. As Queen of Beans, having the world fall in love with beans is one of my missions. Black beans are a great source of protein and fibre. They are rich in antioxidants, can help with weight loss and promote gut health. Black beans don't have a strong flavour of their own, but they do carry other flavours superbly while at the same time offering a unique velvety texture.

Serving my vegan sour cream with the soup makes a clever contrast that is appealing to the eye. It's good to remind ourselves that we do eat with our eyes!

[View all Soup Recipes](#)

Please join us in service for a healthy world for humans and nonhumans alike. We are all in this together and are powerful stewards of planet Earth; when we work in concert, good things happen. Spread the good news about healthy living. The world needs you right now.

Stay well.

In good health

Bill and Marlene X

GET INVOLVED

Be a Changemaker

Our campaign goal and the link to our crowdfunding page are live. It is very easy to donate. Trusting ourselves, our intentions, and the goodwill of others to help us reach our target drives us both daily.

Donate now!



Help us grow by
making a gift today.

Your gift to the Human Ecology Project will support our commitment to building a better world.

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