

UNIVERSITY OF CONNECTICUT NET IMPACT GRADUATE CHAPTER

THE OFFICIAL MONTHLY NEWSLETTER

FEBRUARY 2021

Turning Food Waste Back Into Food



Fermenting used food can improve crop growth

Fermented foods are known to have many benefits such as probiotics helping restore the balance of bacteria in the gut. They also have a longer shelf life. In a recent study, UC Riverside scientists explored the idea of fermented food boosting bacteria that can increase crop growth. This in turn could make plants more resistant to pathogens and reduce carbon emissions. Food waste is a big problem around the world, Just in the U.S, up to 50% of all food is thrown away. This is a waste of usable food, freshwater resources and a problem for landfills. To help solve these issues, the UCR research team is looking for alternatives.

Through their study, they found plants that received the treatments made with fermented food waste had 2-3 times the average number of beneficial bacteria. More on the study can be found at the article listed below.

<https://www.sciencedaily.com/releases/2021/01/210128091143.htm>

Mental Health Amidst Covid-19

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According to a KFF Tracking Poll conducted in Mid-July, 53% of adults in the United States reported that their mental health has taken a toll due to constant worry and stress. People may be worried about sickness, isolation, and financial pressures. Covid-19 has added stress onto symptoms of depression, anxiety and other mental health disorders. It has become more crucial to protect your mental and physical wellbeing then ever before.

Here are some of the self-care strategies that may help!

• Meditation

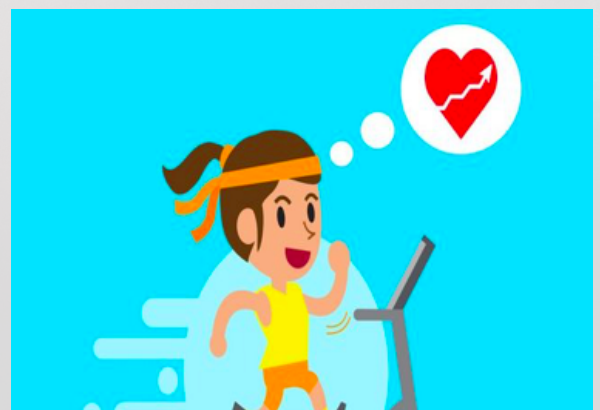


Meditation puts us in touch with our anxiety and stress and hence, it is so useful. It can be done anywhere for any duration alone or with your family. Sit in a quiet place and focus on your breathing as you inhale and exhale. Your mind will start wandering of course, but instead of getting frustrated with your lack of focus, you train your mind to focus back on breathing. One tip is to think about things you love or find a guided meditation online. Voila! Not only you will calm your mind, your focus will also improve.

As they say, Exercise not only changes your body, but it also changes your mind, your attitude and your mood. It also boosts your immune system. There are many ways in which you can get active-

- Go for a walk/jog.
- Take a virtual Zumba class.
- Challenge yourself by setting goals.
- Take the stairs rather than the elevator when you get a chance.

• Exercise



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• Eat Healthy



Do your best to eat food rich in protein and fiber to keep your mind and body healthy and energetic. This will help you boost your immunity. Too much caffeine and sugar are tempting but they can have negative side effects so it's best to stay balanced.

And of course, stay hydrated!

• Get Enough sleep

Studies have found that the lack of sleep is linked with mental health. It is critical for the effective functioning of the immune system.

Our mind works better when we get good sleep as well as it enhances our mood which is critical during this pandemic.

For an adult, 7-9 hours of sleep is ideal.



• Limit News and Social Media



Internet has become our savior at this time. To be able to connect with people and decrease isolation seems to be a blessing. Too much of anything is bad for your mental health.

It only shows us the best highlights of everyone's life, and it is also easy to get lost in negativity or misinformation.

Limiting your screen time can be beneficial. There is so much uncertainty and news, that it all can amplify your feelings.

OPEN HOUSE for interested or prospective members on Feb 26th 2021 at 1pm

Please join using link below on Microsoft Teams!

<https://teams.microsoft.com/l/meetup-join/19%3a08c19c6109be4e9fb4d1f81af02ae543%40thead.tacv2/1613762223460?context=%7b%22Tid%22%3a%2217fla87e-2a25-4eaa-b9df-9d439034b080%22%2c%22Oid%22%3a%22faffbb8d-7d03-4260-85b2-8bb161d4990e%22%7d>

Everyone is welcome to join in to our conversation about sustainability and how Net Impact is contributing towards it.

2021 CASE COMPETITION.....STAY TUNED



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