

Women & Environment Initiative

Introduction - The idea of creating “Women & Environment Networking” has evolved in AEJI field project of “Green Vision and Environmental Dialogue” which been running since 2010, in 5 villages and towns in the Arab Society in central Israel. This project is designated to create local groups of citizens to take responsibility for the environment via community activities. In a process of mapping the needs of the local community in terms of environment and planning, AEJI has identified the relevant stakeholders on local and regional levels, and raised the related question in frame of survey circulated among the local citizens: “*Who, among the local society, can lead the green change for the long term?*”; One of the main groups of population that were identified with capability and power for leading sustainable green change, in the community, is the **women population**.

Women & Environment Networking for “Green Kitchen” initiative:

Women, especially in traditional societies, spend much of their lives at home in the **kitchen**, the major hub of activity, especially in Mediterranean homes. The kitchen represents major opportunities for greening home and community facilities, and could be platform to lead the green change not only in terms of “Green Home” as energy efficient appliances, but as a major player for leading options for everyday activities as nutrition, family life, and the way of life and living.

The women and environment networking will provide information exchange platform between Mediterranean countries in many aspects of green kitchen, including traditional use of herbs in cooking and health, green recipes.

Establishing networking will assist to preserve the eco-culture of the Mediterranean region, advance the health aspects of med nutrition and create a more sustainable eco community on local and regional levels.



Diverse initiatives of AEJI including advance landscaping of public garden with local women groups, mapping of planning needs



What is it Mediterranean Eco – Diet all about?

A Mediterranean (Med) diet is rich in fruits, vegetables, whole grains, nuts, beans, and seeds provides thousands of micronutrients, antioxidants, vitamins, and minerals that can help protect against cancer, heart disease and Alzheimer's disease, among other conditions, experts say. The benefits the Mediterranean diet is linking with, now days with trendy high profile, is well known for historical ages. For thousands of years, residents of the Mediterranean region have been exposed to Eco-Med diet, not only as a eating habits – but simply as a **way of life**. Today it is re-considered a way of life that apparently leads to **healthy lives**, including physical activity identified with the Mediterranean comfortably climate, based on world leading scientific research.

"Green Kitchen" initiative' Aims:

The Green Kitchen Concept will function as a **Community Eco-Med Centers (CEMC)** for local initiatives in the community level, on regional level and by international networking by providing information, learning tools (including on local economy and local growth), organizing seasonal/annual workshops, publishing of local models, and further more. Among the topics to be raised are:

- How to preserve/create small scale traditional agriculture including typical Mediterranean herbs;
- Establishing school programs; community supported programs on eco-med kitchen;
- What are the benefits of local food and how is related to green economy;
- Learning of sustainable energy solutions as solar & wind energy for domestic/ community use.
- What is it all about organic gardening ? How can we implement it in our own yards with small budget.
- Learning of using green/natural cleaning materials, non-toxic and inexpensive household substances that can be very effective for most types of household and kitchen cleaning jobs; these substances include white vinegar, baking soda, lemon juice.
- learning the impacts of Eco-Med lifestyle on ecological footprints, for example:
 - By recycling waste, we reduce the amount of materials that need to be manufactured and, thus, reduce greenhouse gas emissions. By Reducing and diverting packaging and food waste reduces methane emissions in landfills. Methane is another, even stronger greenhouse gas.
 - Green Economy – By buying locally or regionally produced materials - Using locally produced or salvaged materials reduces the demand to transport materials typically sourced and manufactured long distances from their ultimate use. This helps support the local economy as well as reduce environment pollution.

For Further information please contact us: www.aeji.org.il, carmit@aeji.org.il