

Ref	Theme	Sub-theme	Recommendation	Rank	Org.	CCC response	Officer
09a	Housing and Energy	High energy efficiency in all new housing	There must be strict energy efficiency measures applied to all new housing. All three of our councils should join with other local authorities nationwide to lobby central government to change current rules on planning to ensure higher energy efficiency standards	1	SLDC	SLDC and LDNPA as the Local Planning Authorities have responsibility to grant planning permission, planning conditions and Section 106 agreements. The County Council will support the Local Planning Authorities.	Tim Gale
09b	Housing and Energy	High energy efficiency in all new housing	High energy efficiency on new homes must be a mandatory condition of planning permission. Companies competing for new developments must adhere to this and make it their utmost priority.	1	SLDC	SLDC and LDNPA as the Local Planning Authorities have responsibility to grant planning permission, planning conditions and Section 106 agreements. The County Council will support the Local Planning Authorities.	
10a	Housing and Energy	Energy efficiency in existing homes and other buildings	We must waste less energy through heat loss from existing homes and other buildings. Higher energy efficiency standards are needed. In other countries they are much higher (e.g. Germany, Poland). Local Councils must lobby at a national level for better standards.	1		The County Council will support the lead local planning authority.	
10b	Housing and Energy	Energy efficiency in existing homes and other buildings	Local councils to work with Cumbria Action for Sustainability (CAFS) and Kendal College to produce a training and accreditation scheme to enable local builders/trades people to gain the necessary skills for retrofitting homes.	1		The County Council will support the lead local planning authority. Can CCC support training in sustainability for construction sector, working in partnership LEP, City & Guilds, DITB, other colleges etc? This could include use of sustainable building materials, promoting re-use and recycling in the construction sector.	Chris Dove
10c	Housing and Energy	Energy efficiency in existing homes and other buildings	All tiers of local government and Tim Farron MP to find ways of funding a workable long-term grant scheme to enable local homeowners to retrofit their homes. Such grants must be easier to access than the current one (i.e. the current government green energy scheme). The current scheme should be extended as it is presently unworkable due to a lack of qualified tradesmen.	1		CCC position to be advised	
10d	Housing and Energy	Energy efficiency in existing homes and other buildings	Local councils to work with local hotels/guest houses to produce a scheme whereby local people needing somewhere to stay while work is undertaken to retrofit their homes can access low/reduced rate accommodation.	1		CCC position to be advised	
10e	Housing and Energy	Energy efficiency in existing homes and other buildings	Local councils to work with CAFS, and fund them if needed, to provide an ongoing awareness campaign to every home in Kendal informing owners of the steps they can take to retrofit homes, the benefits this brings (e.g. lower heating bills, more marketable property), the help available (e.g. grants / relevant information) and a list of accredited companies.	1		CCC position to be advised	
10f	Housing and Energy	Energy efficiency in existing homes and other buildings	Strict energy efficiency measures should be applied to all existing non-residential buildings. Local councils should work with Kendal Futures and other local businesses groups to determine how local businesses can best be supported to enable them to adhere to this.	1		CCC has developed a Carbon Management Strategy that provides a clear hierarchy to decarbonise its corporate estate, including reduction in demand and the installation of energy efficient technology. This can be shared as a useful template for other non-residential buildings.	Allan Harty
10g	Housing and Energy	Energy efficiency in existing homes and other buildings	Kendal Town Council to provide: g) independent advice and guidance on energy efficiency and retrofitting	1	KTC	Agreed	
10h	Housing and Energy	Energy efficiency in existing homes and other buildings	Kendal Town Council to manage a list of contractors with accreditation for retrofitting (in partnership with other organisations - CAFS)	1	KTC	Agreed	

11a	Housing and Energy	Energy production	We ask that local councils (i.e. Kendal Town Council, SLDC, Cumbria County Council) do an assessment of the resources available in the area to generate our own renewable energy. (including: solar power, hydro power, wind power).For the solar option: identify how many buildings with suitable large roofs are available in Kendal (e.g. supermarkets)	1	ALL	CCC is developing a range of options relating to solar and other renewable energy models for installation within its portfolio and creation of standalone solar farms and/or wind generation.	Allan Harty
11b	Housing and Energy	Energy production	Kendal Town Council should identify land which could have ground mounted solar panels installed with the investment opportunity offered to people who don't have houses or land suitable for solar panels.	1		SLDC - planning ADVICE/INPUT FROM OTHERS	
12a	Promoting action & raising awareness	Local government follow up	All levels of local government (Kendal Town Council, South Lakeland District Council and Cumbria County Council) must do a follow-up to our recommendations every 6 months for the next three years to report back to this jury and the town on what has been completed to sustain momentum and to keep pressure on. After this time a body should be established that continues placing Kendal residents at the centre of a vision for the town. We believe the town council should engage the wider public in scrutinising our recommendations so building wider accountability and ownership (including through existing community groups/climate change action groups).	1	ALL	A bi-annual update of Countywide CCC progress and action should be achievable.	Allan Harty
12b	Promoting action & raising awareness	Local government follow up	Kendal Town Council must: make sure an annual budget is allocated to take forward the jury recommendations.	1		No comment	
18a	Transport	Local public transport system	We must improve the local public transport system in particular – buses, ensuring bus travel is affordable, frequent and reliable for all users. This could be achieved by: Taking all bus routes back into public ownership. Bus routes must not be at the mercy of whether or not they are profitable.	1	CCC	The recently announced National Bus Strategy has introduced new guidance for bus services. The council will be developing a Bus Services Improvement Plan which will set out how bus services are to be improved in Cumbria.	Austin Shields
18b	Transport	Local public transport system	Provide subsidised bus routes	1	CCC	Cumbria County Council recognises the importance of public transport, especially in rural areas, however the council has not subsidised bus services since 2013, due to receiving no funding to do so. Bus services in Cumbria are now provided on a commercial basis. – where there is demand and where operators can run a sustainable service, they will operate. Where this is not possible the Council supports a range of community transport options across Cumbria including Rural Wheels, Village Wheels, Community Wheels, the Voluntary Social Car Scheme and the Community Minibus Sharing Scheme. These schemes provide cost-effective travel and are utilised by thousands of passengers every year.	Austin Shields
18c	Transport	Local public transport system	Bus passes for young people being much more widely publicised to encourage young people to use the buses.	1	CCC	CCC's Local Committee for South Lakeland, has commissioned a highly subsidised scheme for young people aged 5 to 19 called A2B Now, which enables young people to travel around the District for a much reduced fare. The Council seeks to promote this offer each year through educational and community settings to encourage young people to use their local bus service.	Austin Shields
18d	Transport	Local public transport system	Improving the provision of bus shelters on Kendal town bus routes to encourage year-round use of buses for short distance trips. Where possible, rural bus shelters should have provision for secure bicycle parking allowing users to cycle to the bus stop.	1	CCC	Cumbria County Council uses some of its Bus Service Operators Grant to fund bus shelters if applications are received.	Austin Shields

22a	Other actions	Protect existing trees and plant more	A Kendal Community Forest: Kendal Town Council should undertake an audit to identify new areas for tree planting (with input from the residents of Kendal - including residents groups, flood action groups, upstream communities, land owners and others). Trees planted should be decided based on biodiversity, carbon capture and food potential e.g. fruit trees for community harvest.	6	Cumbria County Council will be the accountable body for a Community Forest bid which includes South Lakeland and funding bid to Treescapes Fund. CCC would be happy to share learning with Kendal Town Council.	Chloe Tringham
22b	Other actions	Protect existing trees and plant more	An annual community tree count (like the RSPB bird count) to map the number, species, and condition of trees kept on a database for the whole of Kendal. Community tree groups should be established to cover each area of Kendal to give a sense of ownership and value to this data gathering. These groups should be consulted if there are any proposed changes to trees in their area (e.g. Sunnyside residents have responsibility for trees in Fletcher Park)	6	Further detail would be welcome.	Chloe Tringham
22c	Other actions	Protect existing trees and plant more	Sponsored trees - establish a tree sponsorship scheme open to individuals or businesses to support new tree planting and on-going tree maintenance. New developments (housing or commercial) should be required to sponsor trees under this scheme.	6	Kendal Town Council action - with partners eg SLDC, SLH, developers	
22d	Other actions	Protect existing trees and plant more	Schools should be encouraged to adopt an area of the Kendal Community Forest, and manage their area, including harvesting any produce e.g. fruit - apples, pears, damsons. This would also have significant health and wellbeing benefits.	6		
22e	Other actions	Protect existing trees and plant more	We recognise forestry management needs to be in place and there are times that trees have to be felled e.g. disease, over-crowding, these can be used for firewood or straight mature trees used for construction with new trees being planted at every stage.	6	KTC - tree audit - SLDC tree officer & partners	
13a	Promoting action & raising awareness	Political leadership	We need clear political leadership from our local councils with a coordinated and consistent approach. Such leadership must ensure we have accountable strategic planning on climate change across every level of local government. Such planning must recognise the role of a) individuals b) businesses/community organisations and c) local government. We are concerned that while making statements about climate change there are actions such as the decision on the coal mine or the Kendal flood defence scheme which are not compatible with the fight against climate change. We believe that climate change should be considered the most important factor in decision making above economic impact. The climate change impacts of any council policies/action must be transparent and publicly available for scrutiny. Every Council report must clearly state the climate change impacts of any policy/action and all decisions be transparently measured in terms of their positive or negative impact. Every council should have a regular climate change audit that offers an overview and scrutiny of how their actions/plans (internal/external) have a negative/positive impact on climate change. This audit needs to involve a wide range of stakeholders. Kendal Town Council, South Lakes District Council and Cumbria County Council should use a tool such as the Climate Change Decision Wheel to inform all	7	In respect of looking at how climate change impact is addressed in decision making/policy development and the use of tools (such as the Cornwall Decision Wheel), this is something that is being developed by the ZCCP Local Authority Climate Co-ordinator with the aim of rolling out guidance to all Cumbria Authorities within the next 6 months	
13b	Promoting action & raising awareness	Political leadership	We recommend a Climate change lead councillor and officer with clout as a focal point/convenor across every level of local govt.	7	Cumbria County Council has a cabinet member for environment and also a Climate Change Champion. This is currently Cllr Celia Tibble, who is also the Climate Change Champion.	
13c	Promoting action & raising awareness	Political leadership	All 3 local councils should form a dedicated committee (of councillors) to discuss and implement climate change policies.	7	CCC response to be advised	

13d	Promoting action & raising awareness	Political leadership	The setting up of a wider permanent public group to involve a wide range of stakeholders and members of this jury. As well as an opportunity for local businesses to come together on this topic.	7	CCC response to be advised	
13e	Promoting action & raising awareness	Political leadership	Councillors must be equipped to take the action necessary:	7		
13f	Promoting action & raising awareness	Political leadership	We strongly encourage councillors (at all levels from all parties) to talk to and learn from other councils. We have much to learn from others who are ahead of the game for example Town Councillors learning from other Town Councils such as Stroud and Frome (e.g. Frome's decision-making processes) and others such as Clitheroe (with their Park and Ride scheme)	7 ALL	The County Council is part of ADEPT (Association of Directors Environment, Planning, Transport), Local Government Association and County Council Network. The County Council has been learning from other authorities through these networks. The Zero Carbon Cumbria Local Authority Climate Co-ordinator is hosted by CCC and is collating examples of best practice in Cumbria and across the country for dissemination to local authorities via the Cumbria Local Authority Climate Policy Group	
13g	Promoting action & raising awareness	Political leadership	All councillors must take part in a suitable climate change education programme so they are better able to make the informed decisions required. This should be part of each newly elected councillor induction	7 ALL	Cumbria County Council Members and officers will be encouraged to attend Climate Literacy training, organised through CAFs. The first cohort were enrolled w.c. 14.06	Chloe Tringham
01a	Food and Farming	Allotments	We must develop more allotments. The council must identify more land suitable for use as allotments	8 KTC	Waste Carbon Reduction Group (WCRG) have identified the role of allotments in supporting a sustainable food production system, and will engage with the ZCCP and relevant sub-groups to align the policy synergies.	Natalie Naisbitt - not my comment - think it's Chloe?
01b	Food and Farming	Allotments	It should be a requirement of new housing developments that allotments be created as part of that development (not necessarily located at the same site)	8 SLDC	SLDC leads on this as the Local Planning Authorities have responsibility to grant planning permission, planning conditions and Section 106 agreements. The County Council will support the Local Planning Authorities.	
01c	Food and Farming	Allotments	To satisfy demand the dividing of plots into smaller sections or the sharing of plots should be made possible.	8 KTC	Kendal Town Council are leading on this.	Natalie Naisbitt
01d	Food and Farming	Allotments	New allotment holders should be given the opportunity to join a free introductory course on growing your own.	8 KTC	Tie in with compost volunteers re composting at the allotment and use of home made compost instead of peat based. Also to tie in with local Freegle groups to prevent 'new' items being bought for allotment holders and encourage seed swaps.	Judith Bradshaw Katharine Banks
2a	Food and Farming	Reducing food waste	Kendal Town Council to provide extra funding for "Waste into Wellbeing" to enable them to develop their educational work aimed at enabling their clients to make good food choices, teach cookery skills and how to avoid food waste.	8	Tie in with Love Food Hate Waste - Waste Reduction (WR) team can run a workshop to groups and providers in order for them to pass it on.	Judith Bradshaw
15a	Promoting action & raising awareness	Awareness campaign	Educate/raise awareness at community level about future consequences to motivate individuals, schools and businesses to act- through a pledge/commitment to take climate action. Such an awareness campaign should include simple steps that individuals and schools can take with a balance of what is positive, not just negative	8	Waste Reduction team have the Rubbish Rebels scheme available to all primary schools regarding waste processes in Cumbria along with composting, reducing, freegle, upcycling etc	Judith Bradshaw

23a	Other actions	Single-use plastic free town	This jury recommends that Kendal is promoted as a single-use plastic free town and works towards ways of achieving that. For example Shops/ cafes be incentivised to use recyclable and re-usable take-away materials.	8	Care to be taken that so called recyclable materials are actually able to be collected for recycling . It should be noted that 'compostable' materials are only compostable through industrial composting and not through home composting as it does not reach the necessary temperatures. Incentivise re-use of bottles /containers in shops/cafes/take-aways. Government is currently consulting on policies to reduce single-use items and promote recycling e.g. Extended Producer Responsibility, Deposit Return Scheme, Consistency in waste collections. CCC will respond to consultations and work via CSWP to implement changes.	Judith Bradshaw, Katharine Banks & Chris Dove
23b	Other actions	Single-use plastic free town	Publicity campaigns surrounding Kendal being advertised as a single use plastic free zone	8	Kendal Town Council action - Waste Reduction Team can support/work with KTC	Judith Bradshaw, Katharine Banks
23c	Other actions	Single-use plastic free town	Work with and learn from other towns that have done this eg. Penzance with 'SAS' (Surfers Against Sewage).	8	Kendal Town Council action	
24a	Other actions	Promote and support local independent businesses	Promote and support local independent businesses so offering Kendal residents the chance to support local supply chains with a lower carbon footprint and so reduce food miles. This could be done by: Financial incentives: reduced business rates for independent local shops and businesses using local suppliers.	12	Waste Reduction team promote and support refill shops in the town	Katharine Banks
24b	Other actions	Promote and support local independent businesses	Publicity/marketing incentives: system for rating businesses based on local and low carbon criteria (similar to hygiene 'star' rating). Promote awareness of the rating system so local residents use it as a decision making factor in their purchasing. Support businesses to make changes to increase their rating.	12	Kendal Town Council action	
03a	Food and Farming	Increase the opportunities for local farmers/producers to sell their products	Investigate possibility of providing an outlet/shop for individual farmers/producers in town	13	CCC will support Town Council and SLDC in this recommendation.	Chris Dove
03b	Food and Farming	Increase the opportunities for local farmers/producers to sell their products	Local section for local produce in local supermarkets.	13		
04a	Food and Farming	Working with farmers	Work with local farmers to look at land use and involve local farmers in the decision-making process to ensure that land is put to the best use from a climate and biodiversity perspective and identify ways to support organic farming (linked to biodiversity priorities and climate change)	13		
04b	Food and Farming	Working with farmers	Further off set any emissions generated by farming (e.g. tree planting, integrated wind turbines on farms, solar panels on chicken sheds etc.)	13	DEFRA are currently consulting on separate food waste collections, which if introduced would likely include an upscaling of Anaerobic Digestion (AD) facilities nationally as well as locally. Many of these are on-farm, and may not currently have the capacity and capabilities to process household food waste, but future capacity is a consideration which is being discussed.	
04c	Food and Farming	Working with farmers	Incentivise a reduction in the carbon footprint of cattle farming	13	The WCRG are also actively engaging with ZCCP Sub-Groups, such as the rural sub-group, to identify synergies such as the role of on-farm AD, which can have benefits including digestate application and gas and electricity production and injection.	

06a	Food and Farming	Reducing food packaging	Encourage the sale of loose products to prevent packaging and food waste	13	Tie in with Love Food Hate Waste as noted above (ref. 36/02a)	Judith Bradshaw
14a	Promoting action & raising awareness	Accessible information	Every level of government should provide access to information so people are able to make informed decisions on how best to reduce their carbon emissions for example how to compare the carbon footprint of purchases e.g. new or existing cars, qualified tradespeople, where to shop locally, what trees to plant , where to get an e-bike. Such a service should be well promoted and link directly with Cumbrian Action for Sustainability (CAFS).	13	Collectively we need to improve our storage and sharing of information as it is not clear at present. Wikipedia could provide the engine for this - govt. agencies in US are using this to store information in an accessible form.	
14b	Promoting action & raising awareness	Accessible information	Create a 'one stop shop/climate change hub/info centre' using one of Kendal's shop fronts as an information centre for climate change that can give people/businesses access to the above.	13		
25a	Other actions	District Planning	This jury recommends that Local and district planning departments refuse planning permission for building on any land that forms part of a flood plain or could form part of the flood defences (by diverting excess river water on to it).	13	SLDC lead on this - CCC provide advice as Lead Local Flood Authority (LLFA) on a case by case basis	
05a	Food and Farming	Labelling system for UK produced food	Work with local / national government to introduce a new labelling system for UK produced food, similar to a food hygiene rating (food miles), so that consumers can make informed choices when seeking to buy more climate friendly food. This should include local restaurants and hotels (for example the carbon footprint labelling on menus at the National Trust's Sticklebarn in Langdale).	18		Chris Dove
19a	Transport	Improved cycling provision	We must shift the priority from cars to an infrastructure that prioritises pedestrians and cyclists. This will reduce car usage so reducing emissions and congestion To achieve this we must think imaginatively: we must make it easier for more people to take up cycling as a form of transport. We must increase opportunities for those who cycle, or those who could be encouraged to cycle, by: Greatly improving and extending cycleways in town (and through connections with other towns). People don't feel confident to use the existing cycle routes. People must feel safe to be able to take up cycling and free up the roads from cars.	18	The County Council has established a programme of work around Cycling and Walking and as part of this are developing Local Cycling & Walking Infrastructure Plans (LCWIP) in 6 locations in Cumbria including Kendal. Kendal has an established multi-agency working group which includes KTC and other key stakeholders to help shape the plan. This plan for Cycling and Walking will be used to bid for national/regional funding to enable identified projects to go ahead.	Nicola Parker
19b	Transport	Improved cycling provision	Investigating the feasibility of an ebike hire scheme	18	The above group recognises that E-bikes are increasing in popularity and there may be opportunities to develop an E-bike scheme in Kendal in future. The LCWIP will put the right conditions in place to enable a scheme to develop.	Nicola Parker
19c	Transport	Improved cycling provision	Providing more secure, sheltered storage for bicycles in Kendal	18	As above, the group recognises that bicycle storage in Kendal is presently limited. LCWIP will put the right conditions in place to enable a scheme to develop as future funding could be used for providing cycle parking and storage.	Nicola Parker
19d	Transport	Improved cycling provision	Examining where it might be possible to give cyclists priority over motor vehicles.	18	The new Cycle Guidance from Government sets out new standards for cycling infrastructure. Any cycling infrastructure improvements identified as part of the Kendal LCWIP will consider this.	Nicola Parker
19e	Transport	Improved cycling provision	Making sure such changes include a comprehensive awareness raising and promotional campaign	18	The Cycling and Walking Programme includes engagement, public consultation and communications. The importance of awareness raising and promotional campaigns is recognised and we will work with partners to deliver this as the programme develops.	Nicola Parker

19f	Transport	Improved cycling provision	There needs to be a practical vision for cycling in Kendal guided by Kendal residents and local business and organisations. Local councils must commit to work with this vision to make it a reality. They must draw on other examples from around the world to make sure that increased cycle provision does not discourage people who choose to walk as a form of transport by segregating motorists, cyclists and pedestrians wherever possible.	18	As part of developing the Kendal LCWIP, public consultaion is being undertaken so that residents and local businesses can input. The first public consultation for Kendal is between the 7th and 28th May. When agreed, these plans will set out a clear plan for cycling and walking in and around Kendal and will then be used to bid for funding.	Nicola Parker
26a	Other actions	Funding	We recognise these are ambitious recommendations and suggest there should be an investigation into sources of funding including the role of a tourist tax (e.g. a bed tax) / increased council funding / or an extra council tax charge, a road tax (similar to a congestion charge) or council car park charging ring fenced for funds to address climate change	18		
16a	Promoting action & raising awareness	Building a vision	The public and other stakeholders need to have the opportunity to build a collective vision of what the future might look like and develop a strategy that will continue to engage the public and individuals. Such a vision should bring alive not only the consequences of failing to act but also the wider health and community benefits from lifestyle changes, to help people feel motivated to act. Tools are available to enable the public to comment on the recommendations already made and should be used.	21		
16b	Promoting action & raising awareness	Building a vision	The vision should build on what is already happening by making an audit of what activities/groups are already taking action to address climate change and then create a strategy involving citizens jury members, stakeholders, councillors. The Citizens Jury could help promote this act as a resource and keep momentum up.	21		
27a	Other actions	Proposed coal mine	This citizens' jury rejects the coal mine decision. The decision made by Cumbria County Council to approve mining for coal undermines the integrity and principles of this citizens jury. The County Council must make public the rationale of this decision. We dispute the claim that the benefits of jobs/economics/overall economy outweigh the impact on climate. It undermines the positive effects of this jury and all those trying to reduce carbon emissions and the principles of international agreements like the Paris Accord and the CoP 26 (the UN Climate Change Conference) coming up in Glasgow in 2021.	21	The basis upon which the WCM application has been determined can be considered via the previous planning application submissions and committee reports. The council received a letter from the Ministry of Housing, Communities and Local Government on 11th March 2021 informing us that the Secretary of State has decided to "call-in" the planning application submitted by West Cumbria Mining Ltd and to hold a public inquiry. The future of the mine will be determined by the Secretary of State and not the Council.	Allan Harty
17a	Promoting action & raising awareness	Local kite mark scheme	Educate and influence local business and their consumers through: a local kitemark scheme which rates local companies according to their local carbon footprint, similar to the hygiene rating. Advice should be made available on how to use the scheme through a central point.	23		
20a	Transport	Traffic reduction	We must further reduce the volume of traffic in town and the surrounding area through: Encouraging car sharing - Kendal Town Council should facilitate a car sharing website with appropriate security to enable commuters or people travelling for shopping or leisure in and out of Kendal to connect and reduce individual car journeys.	24	Kendal Town Council action	
20b	Transport	Traffic reduction	Investigate a feasibility study for a Park and Ride scheme for Kendal town centre and for the Lakes.	24		
07a	Food and Farming	UK Food Strategy	Lobby for the development of a country wide food and farming strategy to make the UK more self-sufficient, so reducing the need for imports.	25	Waste Carbon Reduction Group are currently exploring food waste as part of its emerging work programme, although recognising that food is a wider workstream which is likely to necessitate wider partnership working to ensure that action is coordinated and harnesses the strength and capacity of various organisations. This will be achieved collaboratively with the ZCCP, Sub-Groups and will need to align with the likely mandatory food waste collections.	

21a	Transport	Electric Cars	Kendal should promote the use of electric cars by facilitating the installation of more charging points on street, in public car parks and car parks owned by local businesses. Local councils should lobby government to provide incentives for people to change to electric vehicles and disincentivise the use of petrol and diesel vehicles.	26	Cumbria County Council installed 2 new electric vehicle (EV) charging points as part of its refurbishment of County Hall car park. 6 additional EV charging points are to be installed there in 2021. CCC is working with partners to assess the demand for future on street EV charge points. Further work to obtain additional funding for the installation of additional points will continue.
08a	Food and Farming	Promote a plant-based diet	A programme of education so that people better understand low carbon footprint diets. Part of this work should include an investigation into which methods of education are most effective.	27	
08b	Food and Farming	Promote a plant-based diet	Local celebrity chefs should be encouraged to suggest seasonal meals	27	
08c	Food and Farming	Promote a plant-based diet	Tips on how to get the correct nutrients from a plant-based diet	27	Chris Dove