

Everyday Climate Solutions: EVs, Composting, and Plant-Based Diets

Summary

In this Drawdown Georgia webinar, host Blair Beasley welcomes three authors from Drawdown Georgia's Climate Solutions Toolkits to break down what it actually takes to switch to an electric vehicle, start composting at home, and shift toward a more plant-based diet. Dori Larsen of the Southern Alliance for Clean Energy covers EV costs, range, and charging, Khari Diop of Truly Living Well walks through the basics of backyard composting, and Dr. Keisha Callins shares how small changes to what's on your plate can lower your carbon footprint and support your health.

Key Takeaways

- Electric vehicles cost roughly 40 to 45 dollars to drive 1,000 miles, about a third of what gas costs, and even when charged from a coal-heavy grid, EVs still cut driving-related energy use by 31%.
- Backyard composting works best with a three-to-one ratio of "browns" (dry, carbon-rich material like leaves and wood chips) to "greens" (kitchen scraps), and can produce usable compost in as little as four weeks with active management.
- A full third of what households throw away could be composted, but only about 6% currently is, meaning most of that organic material ends up releasing methane in landfills instead of enriching soil.
- Removing beef from a typical American diet alone can lower a person's carbon footprint by about 25%, and small, sustainable shifts, like a couple of meatless meals a week, add up when adopted collectively.
- All three toolkit authors emphasized that starting small and building the habit, whether it's one EV charging trip, one composting bucket, or one plant-based meal a week, matters more than making a perfect, all-or-nothing change.

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Blair Beasley: All right, well, we're going to go ahead and get started. Welcome, everyone, to the latest Drawdown Georgia webinar. It's really great to have you all here. My name is Blair Beasley,

and I'm the director of climate strategies for the Ray C. Anderson Foundation. We've been proud to support Drawdown Georgia and its efforts to grow high-impact climate solutions in our state.

I'm really excited for this discussion today, highlighting what all of us in Georgia can do to be part of the solution. Last year, Drawdown Georgia launched a series of climate solutions toolkits. These toolkits, which you can find on our website, drawdownga.org, feature experts from across our state answering the key questions we all have about switching to an electric vehicle, composting at home and work, adopting a plant-based diet, and making our homes more energy efficient. I personally love the sections on heat pumps, putting rooftop solar on our homes, and exploring utility demand response programs.

I'm thrilled to welcome three of these toolkit authors to share some of the key findings from their toolkits today. A few quick programming notes before we dive in: I'm about to briefly introduce our panel, and then, following their presentations, we'll open it up for audience Q&A. Please add your questions to the Q&A box, and I'll do my best to get to as many as possible.

First, we'll hear from Dori Larsen, author of the EV toolkit. Dori is the electric transportation program manager with the Southern Alliance for Clean Energy. Then we'll hear from Khari Diop, author of the composting toolkit. Khari is the community compost lab manager for Truly Living Well Center for Natural Urban Agriculture, as well as the founder of Think Green Inc. And finally, we'll hear from Dr. Keisha Callins, author of our soon-to-be-released plant-based diet toolkit. Dr. Callins is a Georgia-trained obstetrician-gynecologist with Community Healthcare Systems, a federally qualified healthcare network in central Georgia.

As I said, this is a really exciting group. So with that, Dori, I'll turn the mic over to you to kick off our program.

Dori Larsen: Well, good morning, everybody. Thank you, Blair, for that introduction, and for the opportunity to share some information about making the switch to driving electric. Thanks to all of you who've joined us today.

If you're not familiar with the Southern Alliance for Clean Energy, for over 35 years SACE has been a regional leader advocating for equitable and responsible energy choices in the Southeast, focused on transforming the way we produce and consume energy in the region. In this presentation, I'll give an overview of EV ownership, the basics of EV charging, including where to locate charging stations, and go over some incentive programs that are useful to know.

So why electric vehicles? The transportation sector overtook the energy sector as the largest contributor of carbon dioxide pollution in the United States around 2017. But there's definitely something we can do about that, and that's part of what we're talking about today.

To make sure we're all level-set, plug-in electric vehicles are a category that includes both plug-in hybrid vehicles and battery electric vehicles, basically any vehicle with the ability to plug in and accept electricity as an energy source.

I've been driving electric since 2017, and I love that there are no oil changes with an all-electric vehicle, and very low maintenance overall. Most EV owners charge overnight in their garage, making it even more convenient than stopping for gas. They're also quiet, safe, and have instant torque, so they've got that instant get-up-and-go that makes them fun to drive.

If you look at total lifetime ownership cost, EVs are getting cheaper, with several new cars in the 20 to 30 thousand dollar range and more models coming. Research from Consumer Reports shows that when total ownership costs are considered, including purchase price, fueling, and maintenance, EVs frequently come out ahead, especially in more affordable models. The Inflation Reduction Act has also extended tax credits of up to 7,500 dollars for a new EV for the next 10 years, which I'll talk about later.

In terms of fueling, costs are much lower than a traditional internal combustion vehicle. People frequently ask what it will do to their power bill. It costs about 40 to 45 dollars to drive 1,000 miles, an average month's worth of driving, and gas costs are triple that.

Another common question is how far you can go in an EV. When modern all-electric vehicles were introduced in model year 2011, there were four models available, with ranges between 63 and 94 miles, and a median range of 68 miles. Over time, the number of models and their ranges have increased significantly. Last year, in 2022, the average range climbed to 291 miles.

There's also a persistent myth that EVs are just as dirty as gas cars. In Georgia, the average electric vehicle produces under 20% of the emissions of a gasoline vehicle, mainly because EVs are so much more energy efficient. Only around 20% of the gasoline pumped into a car's fuel tank actually makes the wheels turn. For electric vehicles, it's the inverse: about 80% of the electrons actually make the car go. So you're using a lot less energy to get from point A to point B, which means a lot fewer emissions.

There are also plenty of electric options available for every popular type of vehicle, including the F-150 pickup truck, minivans, and SUVs. There are 66 models currently offered, with 60 more coming by 2025.

Now let's talk about how we charge an electric vehicle. One way is called trickle charging, or Level 1, which adds about five miles of range per hour, so if you charge overnight, you can typically replenish what you used that day. Level 2 charging allows about 25 to 60 miles per hour, depending on the amps going to the device. These are the charging stations you find around town, and some people install one at home as well. The last type is DC fast charging, found along highways, which can recharge approximately 80% of the battery in about half an hour.

For finding EV charging, there are lots of helpful apps. One I like is PlugShare, which lets you filter by the type of car you have and the type of charging you're looking for. It works like Google Maps and is crowdsourced, so drivers can flag if a charging station isn't functioning well. With Tesla, navigation to charging stations is built directly into the car. I'll also point out that under the Bipartisan Infrastructure Law, the NEVI program is investing 7.5 billion dollars in federal funding over the next five years, so there's going to be a lot more charging infrastructure around the country.

On tax credits: there are federal tax credits for new electric vehicles, and now for used ones as well. There are tax credits for installing charging stations at home or a business, and utilities often have rebates available too.

I also want to point out that there's an electric option available for every class of medium and heavy-duty truck: transit and school buses, delivery and garbage trucks. Every child deserves to ride to school in an emission-free bus, and quiet, emission-free garbage trucks and delivery vehicles are already operating in some towns, but we need to keep advocating for more.

Finally, I'd invite you all to stay connected with the Southern Alliance for Clean Energy on social media, and to join our Electrify the South mailing list for EV events and our monthly newsletter. Thanks for your time.

Blair Beasley: Thank you, Dori, that's incredibly helpful. As people digest some of those new tax credits and subsidies coming from the federal government, can you talk about some of the decision points people may be weighing as they think about whether to lease or own an EV to take advantage of those programs?

Dori Larsen: Yes. There are federal tax credits for purchasing an electric vehicle. The Treasury just amended the list of qualifying vehicles, and 22 electric vehicles currently qualify, both plug-in hybrid and fully electric. Leasing opens up a different tax credit, the commercial vehicle tax credit, which applies to more available models. So if the specific model you're considering doesn't qualify for the purchase credit, leasing can be a great option, since the dealer may be able to pass that credit on to you.

Blair Beasley: Fantastic, thank you so much. All right, we're going to keep moving. I'll pass the mic over to you, Khari, to talk about composting.

Khari Diop: Okay, thank you very much. Good morning, everyone. My name is Khari Diop. I'm the community composting lab manager at Truly Living Well Center for Natural Urban Agriculture in Southwest Atlanta. Today we're going to give an overview of composting, particularly home composting, and things you can do at your own house to help mitigate the harmful gases produced when we send our food scraps to the landfill.

So, composting is really the natural process of recycling organic matter. Many of us already participate in recycling programs: glass, paper, aluminum cans, maybe plastic bags back to the grocery store. Taking that to the next level means recycling our organics, all those kitchen scraps, fruit and vegetable trimmings, or that bag of leafy greens that didn't quite make it to the meal and ended up rotting in the back of the fridge.

What do we do with those, other than throw them away? Often, "away" means a landfill, and when organic material gets buried there, with very little to no oxygen, it produces harmful gases, particularly methane, but also carbon dioxide, both of which contribute to greenhouse gas emissions.

The end goal of composting is producing a natural fertilizer we can use in our gardens or houseplants, to help plants grow healthier and stronger, and produce more prolific blooms and fruit.

Anything that grows will decompose eventually. Composting is where we take on that process ourselves and speed it up, by providing the perfect environment for the microorganisms, bacteria, fungi, and macro and micro arthropods that do the decomposing. The end result is what's often called black gold, which we can use in our gardens to help our plants grow bigger.

Some benefits of composting: it reduces the waste stream, lessening the amount of material sent to landfills. It cuts down methane emissions, since properly composted material in an aerobic environment mainly produces carbon dioxide and water vapor as byproducts. It also improves soil health and lessens erosion. Because our solid waste infrastructure is designed around landfilling, only about 6% of the food waste we throw away actually gets composted, even though a full third of what we throw away could be. States, cities, and individual businesses can all help lead more organic recycling. Composting also helps conserve water, since it helps soil hold moisture, and it reduces our personal food waste.

So how do we compost? You can home compost, which is what I do, either in a bin or as a pile. Really, the essence of composting is just creating a pile that gets big enough to heat up and eventually break down. Another method is trench composting, where you dig a trench and bury vegetable and fruit waste directly in the soil to break down naturally. A third method is vermicomposting, using worms to break down your compost, often in a bin you can keep under the kitchen sink or in the garage. And finally, there are compost pickup services. We have a great one here in Georgia called Compost Now, which will provide you a bucket, pick it up from your porch, compost it, and bring you finished compost back throughout the year.

For backyard composting, the first step is saving your fruit and vegetable kitchen scraps. These are the "green" materials, high in nitrogen. You can store them in a bucket or a recycled container. I like to store mine in the freezer, since it means fewer trips out to the compost pile, and freezing actually helps break down the cell structure, so when it thaws, the composting process has essentially already begun.

The second part is collecting your carbon-rich materials, or "browns," things like leaves, grass clippings, wood chips, and shredded paper or cardboard.

When you're just getting started, you're often doing what's called cold composting: piling your yard waste in a central location and letting it break down naturally, with minimal intervention. It can take a year or two to fully break down. Because the pile isn't being turned or managed, it's an anaerobic process, low in oxygen, which is why an occasional smell can show up when you turn it over.

If you're ready for more active composting, you can do hot composting, turning the pile more frequently and making sure you have the right ratio of browns to greens. Done properly, turning your pile every three to five days, you can have compost in as little as four weeks, though we usually recommend 60 to 90 days total, including time for the finished compost to cure. This is an aerobic process, meaning the microorganisms doing the work need oxygen, which is why you're turning the pile.

The ratio to remember is three parts browns to one part greens. You'll want to turn your pile at least weekly, more often if you want faster results, and add water when the pile looks like it's drying out, keeping it moist but not soaking wet. The microorganisms doing the composting need the same things all living things need: air, water, and food.

You'll also want to check your pile's temperature as you get more advanced. Ideally, it should reach 131 degrees, which kills off harmful pathogens and weed seeds that might otherwise persist in the finished compost. That's the gist of composting. There's a lot of material online, and the Drawdown Georgia website also has a great toolkit you can use to learn more.

Blair Beasley: Awesome, thank you so much. A reminder to put your questions in the Q&A box, since we'll circle back to those at the end. One quick question for you now: for people who are interested in getting started, what's a common mistake you see when people first try composting at home?

Khari Diop: One of the biggest mistakes is the ratio, either too much green material, like kitchen scraps, and not enough brown, or the reverse. You really want that sweet spot of three browns to one green. So if you're putting in a bucket of food and vegetable waste, make sure you're adding three buckets, or handfuls, of brown material like wood chips, shredded paper, grass clippings, or dryer lint.

I'd also say a lot of people's problem is starting off too big. I recommend starting small: get in the habit of saving your scraps and getting them out to the garden or into a bucket for pickup. And the third thing would be to start with a cold pile, since it requires a lot less management. You can set it and forget it, and it'll break down eventually. If you want to speed things up, you can move to more active composting and get some exercise turning the pile more often.

Blair Beasley: Fantastic, thank you so much. I'm going to turn it over now to Dr. Callins for our final presentation, on plant-based diets.

Dr. Keisha Callins: Good morning, everyone, and thank you so much for joining us today. Special thanks to our two previous presenters, I'm now very interested in both of those things myself. I'd already been considering an electric vehicle, so that was a great overview, and composting is something I hadn't really thought about, so thank you for that introduction, I'll definitely do some follow-up.

I get to talk to you today about a very important part of what we can do toward reducing our carbon footprint. I've boldly titled this presentation "Living a Plant-Powered Life." It's really all about mindset, and I want everyone to keep an open mind, because some of what I share may challenge you a little.

In full disclosure, as a physician, I'd recommend eating healthy anyway, so everything we're discussing lines up with what I'd normally recommend. I'd also like to spend some time today on how beneficial these choices can be for our environment.

I try to break this down into five Ws. Who are we trying to reach? All of you, your family, friends, coworkers, and community. What does this entail? Really just considering getting more of your nutrition from plant-based sources. When should you do it? All the time, breakfast, lunch, dinner, even snacks. Where can you implement this? Everywhere, at home, at restaurants, even on vacation. And why does this matter? The goal is to reduce our carbon footprint, and every individual effort becomes cumulative as more people take part.

So what exactly is a carbon footprint? There are three main greenhouse gases worth understanding here. Cows and other ruminant animals like sheep and goats release methane as part of their natural digestion, and their manure does as well. Nitrous oxide comes largely from fertilizer use. And deforestation, which happens a lot in our state, impacts carbon dioxide levels, since we need green leaves for a healthy ecosystem, and land is often cleared for industry or farmland.

The overarching goal is to limit our intake of meat products. Just removing beef from a typical American diet can lower a person's carbon footprint by about 25%. If each person made that conscious shift, that's where the cumulative effect comes in. This doesn't mean giving something up entirely, it's more about changing the proportion of how meat fits into your diet.

When you look at the things we can each do individually that contribute to greenhouse gases, some changes are more achievable than others. You don't have to give up travel entirely, but limiting dairy or red meat consumption are changes many people can make. Small changes add up.

I found a quote recently that I loved: individually we are one drop, but together we are an ocean. Individual choices can grow into influential group behavior, and consumer demand genuinely does influence industry. Ten years ago, organic meat wasn't something you'd easily find in a supermarket, but demand changed that, and the same is true as we shift our own choices.

Switching to a more plant-based diet has the potential to meaningfully offset the heating effect of greenhouse gases, and could help limit global warming by about two degrees. That's significant, especially given the unusual weather events we've experienced over the past couple of years. If there's something we can do that has a lasting effect for future generations, it's worth considering.

If you are going to reach for animal products, I'd recommend sustainably sourced or pasture-raised options where possible. Pasture-fed animals do take longer to grow and release somewhat more methane and manure along the way, but the grazing process itself, and how it interacts with the soil, tends to decrease overall emissions over time.

To be clear, I'm not asking anyone to become vegan or vegetarian unless they want to. I'm Jamaican, I love my oxtail, and I'm not giving that up, but I can still make a difference overall.

There's some fun terminology out there if you like to identify with a group. A "climatarian" follows the theme of less meat, less heat. A "flexitarian" ranges from beginner to advanced, with the advanced level eating plant-based five out of seven days a week, leaving two days for old favorites. There's also "planetarian," including a 2021 challenge involving two plant-based meals for two weeks, which could work well as an office challenge. And if titles matter to you the way "Swiftie" does for Taylor Swift fans, you could even call yourself a "Plantie."

A few common questions come up. Will you get enough protein? Spinach, believe it or not, is a solid source, and there's real research behind plant-based sources of protein supporting things like digestion as well. Even ballerinas, who need serious muscle strength for strenuous training, often eat heavily plant-based diets to sustain their performance.

Can a plant-based diet impact your health? Absolutely. Research shows benefits for heart disease, diabetes, and high blood pressure, both in prevention and in management or even reversal of existing conditions. There are also real benefits to immune function, which has mattered a great deal over the past couple of years.

Will it cost more? That depends. Buying local from farmers markets can help. So can eating from the rainbow, choosing a range of colorful vegetables that fit your budget, and buying in season, since something like strawberries can cost far more out of season. Frozen vegetables are usually fresh and a great option, and buying beans, peas, and seeds in bulk can also add up to real savings.

Will you need extra supplements if you eat less meat? If you go fully vegan or vegetarian, that can limit some typical sources of B12, so a supplement may be worth discussing with your doctor. If you're simply reducing meat intake while still eating other B12 sources, like salmon, nuts, seeds, and avocados, you're likely still covered.

Will you get bored? Probably not. There's a whole world of cuisines to explore, and mixing and matching a single vegetable, like cauliflower, into different dishes throughout the week can help with both variety and cost. Some restaurants now even offer plant-based alternatives to dishes like chicken wings.

I'll leave you with a sample day: oatmeal with dried fruit for breakfast, a black bean burger for lunch, chicken lettuce wraps for dinner. That's a day with only one meal built around meat. And if you're eating out, a veggie omelet, pizza with vegetable toppings, or tofu at a Thai restaurant can all work just as well.

I'd also recommend a resource called Plant Powered, from Eating Well Magazine, which sends out recipes regularly.

If you're trying to bring your family along, have your elevator pitch ready. Something like: cutting back on red meat is good for the planet and for your health, so I'm not asking you to stop eating burgers, just to eat them a little less often, and choose pasture-fed when you do. You're in control, and you can start right away.

To close, think about your "why." Plant-based eating can help preserve the ecosystem and environment, support a healthier lifestyle for you and your family, and make a difference for future generations. We only have one planet Earth, so eat like you live here. That's the end of my presentation.

Blair Beasley: Thank you, Dr. Callins, that was great. Since this is the newest of the toolkits and will be released in the coming days, was there something that stood out to you while putting it together, an aha moment or an interesting fact you'd like to share?

Dr. Keisha Callins: Sure, I've actually converted a bit myself, and made a lot of small changes. I got a caramel macchiato yesterday and got coconut milk instead of regular for the first time. When I went to a Thai restaurant, I chose tofu instead of another protein. I've just been very thoughtful about my choices, and it's been interesting.

What I really didn't fully appreciate before was the connection between agriculture and our carbon footprint. That was a genuine aha moment for me. And realizing that even as one person, I can make a difference, and now I'm sharing that with my family, friends, and patients, and hopefully the message keeps spreading.

Blair Beasley: Fantastic, thank you. I'm going to invite our other two panelists to rejoin us as we work through some of the questions that have come in. Dori, I'll start with you. There were several questions about how much cleaner switching to an electric vehicle really is, especially if your electricity still comes from coal, and about the battery life cycle. Can you speak to those?

Dori Larsen: Sure, and I probably should have left this in my presentation, I cut it for time. Even if you're still on a coal-heavy grid, driving electric still reduces energy use by 31% compared to gas. And coal has actually become less of a power source than renewable energy in the U.S. as of last year, so more coal is coming offline, which is great news.

On the battery question, analysis shows that manufacturing an EV battery consumes the energy equivalent of about 74 gallons of gasoline. So it doesn't take long before you're carbon neutral relative to that. There's also a Yale study looking at lifecycle emissions, and the researcher noted how much lower EV emissions were once you accounted for the upstream emissions of the fossil fuel supply chain, since that supply chain is so carbon intensive that combustion vehicles can't catch up, even factoring in indirect emissions.

On mining, we do need to be aware of the ecological impacts, and make sure mining is done in ways that respect indigenous communities and the environment. The good news is that about 95% of the minerals and components in a battery can be recycled, and as EV production scales up, it's going to become increasingly important for manufacturers to use recycled components, which will also make batteries cheaper and less environmentally impactful. Redwood battery recycling, for example, has started a 2 billion dollar facility outside Charleston specifically to recycle battery components and build out that closed loop.

Blair Beasley: That's great, and I'll note you cover a lot of this in the toolkit too, so that's a good resource if people want to dig in further. Khari, we have several questions about composting, specifically around smell and attracting pests. Can you talk about how to avoid those issues if you're composting at home?

Khari Diop: For sure. Smell is always a common concern, since we're all familiar with the smell of rotting vegetables. You can manage that by staying conscious of your ratio and turning your pile more frequently. Those smells usually come from anaerobic microbes releasing compounds like methane, so incorporating more oxygen encourages the aerobic bacteria that produce that earthy, forest-floor smell instead, which is what a healthy compost pile smells like.

So, keeping your ratio right, roughly three browns to one green, and turning your pile more often to get more air in, are the main things. If you want to get more advanced, you can force air into the pile with a blower, which is something we do at Truly Living Well.

On pests, if you have an open pile, creatures are going to be drawn to it, since they like the same things we do. You can either make peace with that, or compost in an enclosed bin, like a tumbler, which doesn't give critters any way in. There's also a three-bin system you'll see in a lot

of community gardens, sometimes called a "compost Fort Knox," that fully encloses the pile in wire mesh. A lot comes down to your bin design, and if you're doing an open pile, adequately covering your green materials with brown material will also help cut down on both smell and pest issues.

Blair Beasley: Thank you. There's one related question, Khari, before we move on. Someone mentioned a composting machine called Lomi. Do you have any experience with those, and are they worth it for people who can't compost outside at home?

Khari Diop: What those machines basically do is dehydrate and heat the material. What you end up with isn't fully decomposed compost, it's a dried-out organic material you can add to soil, whether for potted plants or a garden. It's not technically compost, since real compost is the result of aerobic decomposition, but it does give you a good base material, essentially a very good "brown," that you can add to an actual compost pile.

It can be a good solution if you're limited on space and have the budget for that kind of system. If you're limited on space but don't want to spend on a machine, you have other options: you can outsource to a service like Compost Now, try vermicomposting in a small tote that fits under a counter, in a garage, or even outside, or look for a community garden near you through the American Community Gardening Association's website. Many community gardens already have a compost system you can contribute your scraps to, which benefits the garden and might even inspire you to grow some vegetables there yourself.

Blair Beasley: Those are great solutions, thank you. And I'm going to ask our last question to Dr. Callins before we wrap up. There was a question about whether plant-based diets, specifically vegan diets, are appropriate for children.

Dr. Keisha Callins: I'm not a pediatrician, so I'll share my thoughts as a mom, and I'd always recommend a conversation with your pediatrician about food choices for kids specifically. That said, I think if there's ever been a good time to comfortably go vegan or vegetarian, it's now, given how many options are available at the grocery store and when eating out. If a child is comfortable with that choice, or it's a family decision, that child shouldn't feel excluded because of it.

I do think it's a great opportunity for a healthy diet. The one caution I'd offer is being careful about supplementation for specific vitamins that tend to come in higher doses from meat or fish. There are supplements that can help fill in any gaps, and again, that's a good conversation to have with a pediatrician.

I actually had a patient recently who mentioned she was vegetarian. She didn't eat fish, but did eat eggs, and wasn't aware she could still be at risk for a B12 deficiency, so I think that education really needs to happen more broadly. Most of what we need can come from

vegetables, nuts, seeds, and legumes, but there are a few small gaps worth covering with a supplement.

As for kids specifically, I wouldn't have an objection. My son is 18 now, so convincing him to go vegan at this point might take some doing, but I think introducing it slowly could work. The goal isn't to eliminate meat completely overnight, it's about changing the number of days you include it. There's a popular idea now, Meatless Mondays, as one gentle way to start incorporating that. I think that's something we can all benefit from, easing into it rather than cutting everything off at once.

Blair Beasley: Thank you, Dr. Callins, that's really helpful. I'm going to close us out for today. Thank you to our panelists for these fantastic presentations, and to everyone who joined us for the discussion. We'll be posting the video of this conversation on the Drawdown Georgia website in the coming days, so feel free to share it with your networks. If you want to dig into any of the toolkits you've heard about today, or explore others, those are also on the website at drawdownga.org, and Dr. Callins' new plant-based diet toolkit should be up very soon. Thank you all again, we really appreciate you spending this time with us.

Dr. Keisha Callins: Thank you.