



*A view of the sacred Black Hills of South Dakota from Mount Harney*

# Your Diet and the Environment

**Presenter: Mary Jo Graham**

**Special Guest: Paul Mateja -**

**North Road Farm (NOFA Certified Organic)**

Our daily eating habits have an enormous impact in today's world. Join us as we discuss the human diet and its role in the health of planet Earth and human society. Surprises are guaranteed as we delve into a wide variety of topics that surround our dietary choices. You'll come away with a better understanding of our complex food distribution system and learn how to reduce negative consequences to your health, the environment and society.

**Mary Jo Graham** - For over 30 years, Mary Jo has had a fascination with our natural world. An environmental activist and advocate, she is a Naturalist/Educator for Earth Spirit Educational Services providing instruction to area school children and the general public. Additionally, MJ volunteers with the Buffalo Audubon Society and is a former board member for the WNY Land Conservancy. She graduated with highest honors from the University at Buffalo earning a degree in Environmental Studies. For Buffalo State, MJ is a manager in Computing & Technology Services and plays an active role in reducing the College's environmental impact.

**Paul Mateja** – A Lackawanna native and computer programmer, Paul also owns and tends North Road Farm in Chautauqua County (certified Organic by the Northeast Organic Farming Association). North Road is representative of a disappearing segment of rural America, the family farm. With his family, Paul has turned previously conventionally farmed land into productive and environmentally friendly fields and pastures providing healthful food for his family and local natural food stores.