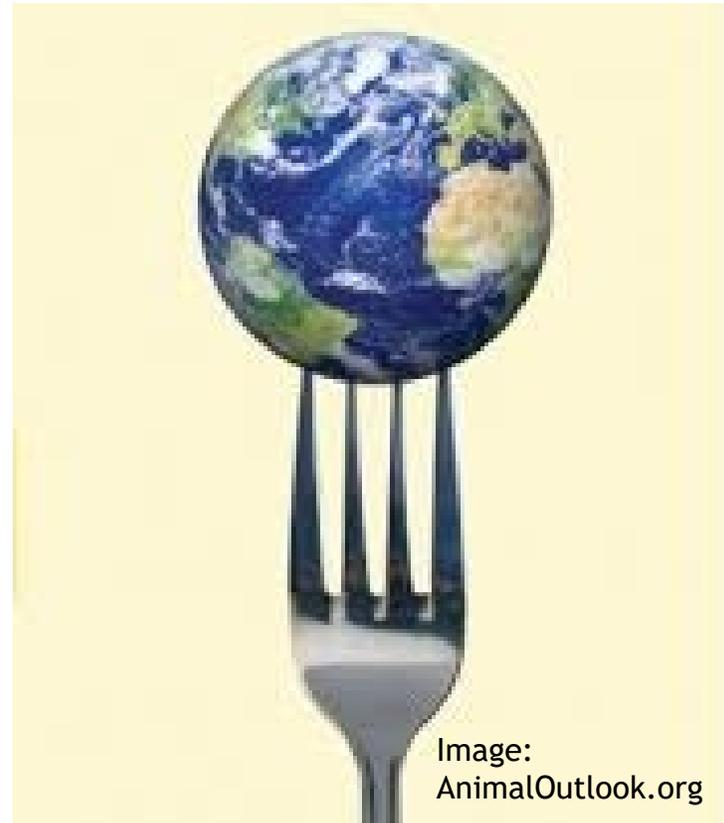


Reducing Your Foodprint with Nancy Vandenberg



Fighting Climate Change with Your Fork

What We'll Be Covering

- ▶ Strategies for Lowering your Food-print
- ▶ Eco and Health Benefits of SOUL Food
 - ▶ Sustainable shopping and meal planning tips



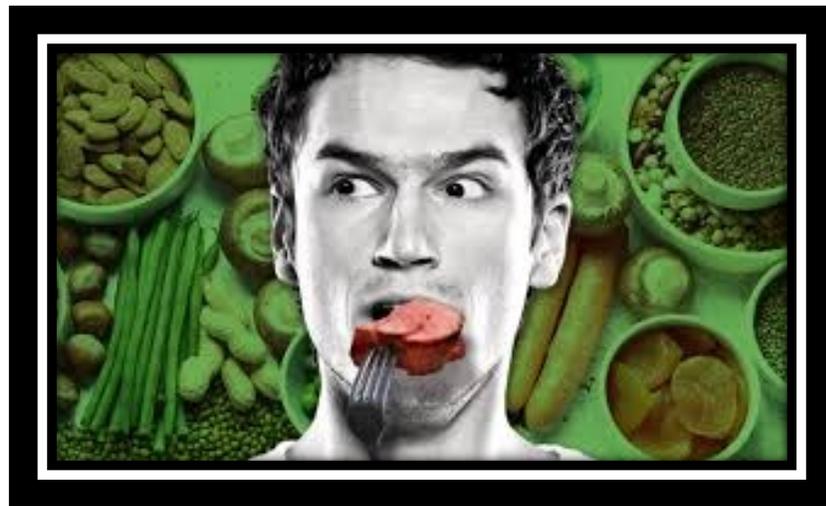
Lowering Your Foodprint



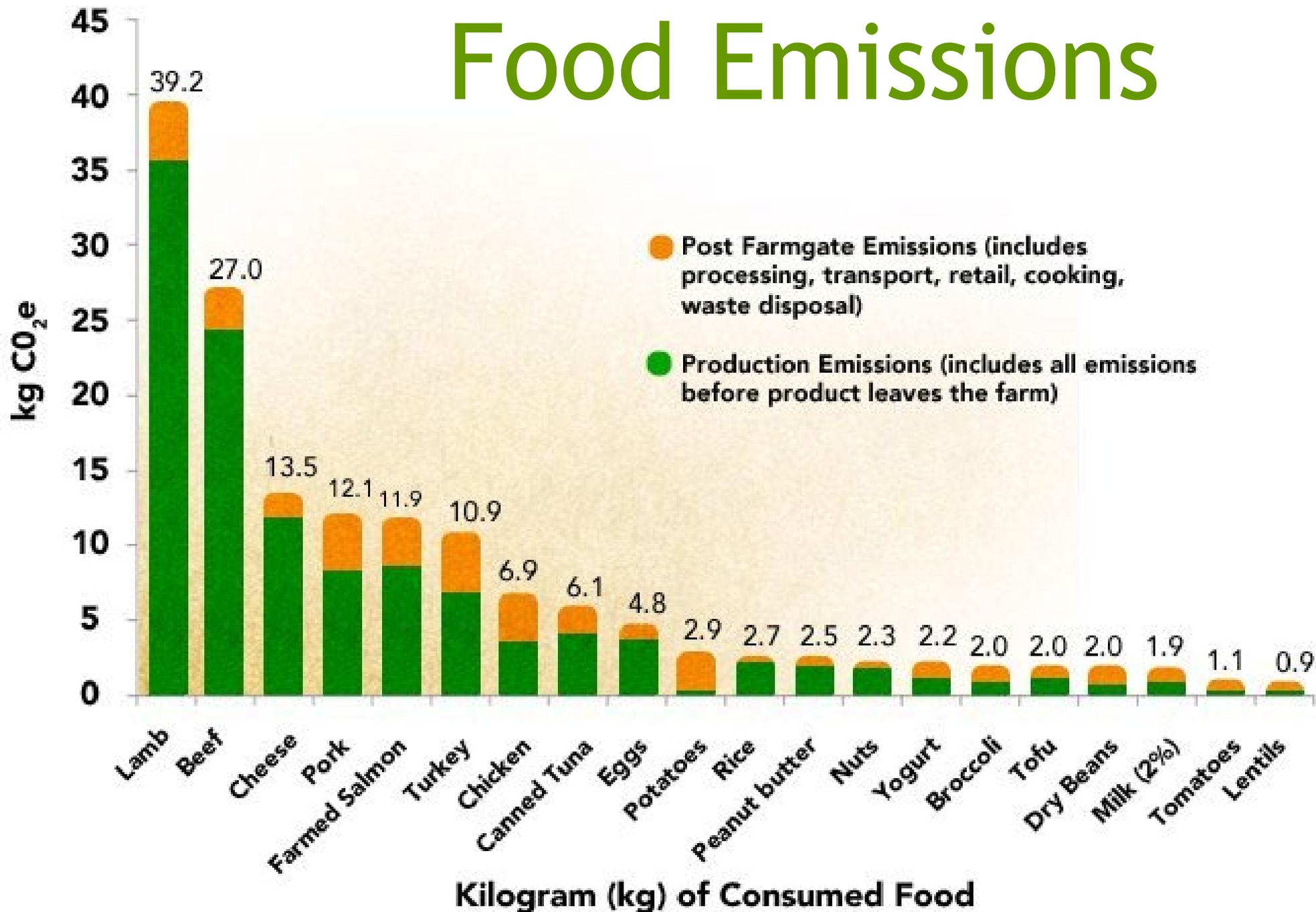
And eating healthier Too!

Biggest Environmental Foodprint Impact

Eating Meat!



Food Emissions



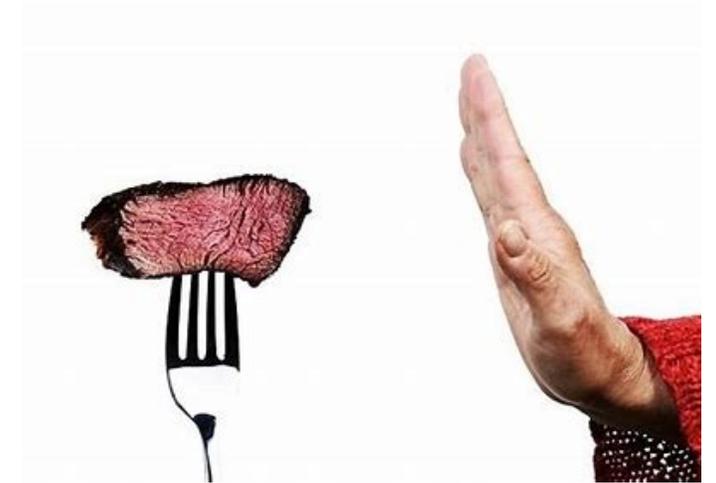
Environmental Issues with Meat Production

- ▶ Requires large amounts of pesticides, chemical fertilizer, fuel, feed, water
- ▶ Generates greenhouse gases, toxic manure
- ▶ Pollutes groundwater, rivers, and ocean



Reasons to Eat Less Meat

- ▶ Eating less meat is healthier
 - ▶ Reduced risk of cancer
 - ▶ Reduced risk of heart disease
 - ▶ Allows room for more fruit and vegetables in your diet
- ▶ Easiest way to lower your foodprint!
 - ▶ Get away from the industrial meat industry—cause of most of the problems





Eating Less Meat...



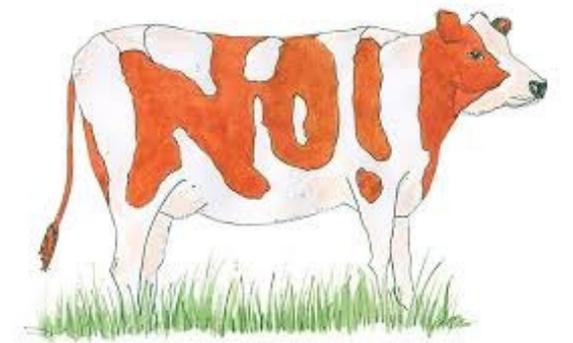
Eat Less Meat

- ▶ Less meat doesn't mean no meat
- ▶ Start where you are, and cut down
- ▶ Eat it less often
- ▶ Eat smaller portions
- ▶ Start eating lower on the food-chain



How Eating Less Meat Measures Up Over a Year:

If a four-person family **skips meat and cheese one day a week**, it's like taking your car off the road for five weeks – or reducing everyone's daily showers by 3 minutes.



Try Meatless Monday

(and work up to: Meat ONLY on Mondays!)

► <http://meatlessmonday.com>

**YOU GET
THREE VOTES
FOR THE
PLANET
EVERY DAY.**



Start your week with Meatless Monday.

#MeatlessMonday

BEEF-Y

Comparisons

 GHG Emissions - lbs CO₂ e/quarter pound

 Water - gallons/quarter lbs

 Land - SF/quarter lbs

 Produced with Genetically Modified Ingredients or Inputs

INDUSTRIAL BEEF BURGER

Producing the 50 billion burgers that Americans eat each year generates 268 million tons of CO₂-equivalent (CO₂e) greenhouse gas emissions, or 3.7 percent of the country's total. Most of those emissions come from the methane that cows naturally release in the course of their digestion.

 **12.4**

 **153**

 **57.5**

 **Yes**

GRASS-FED BEEF BURGER

Studies show that when ranchers pack cattle tightly together and move them often, grass-fed systems can actually sequester carbon in the soil. Few US ranchers do this, though. And most of the grass-fed beef sold in the United States is imported from Australia, New Zealand, and Brazil, where ranchers have burned the Amazon rainforest to make room for cattle. When it comes to greenhouse gas emissions, there's a huge range for grass-fed beef, based on how the cows are managed.

 **-0.8 to 9.1**

 **58.63**

 **120.4**

 **No**

Beef Alternatives

BEYOND BURGER

Crafted with pea protein, coconut oil, potato starch, and beet juice (causing it to bleed like a beef burger), Beyond Meat's burger hit grocery stores in 2016. The refined coconut oil Beyond uses to create its meat-imitative marbling travels 16,813 miles from Indonesia to Beyond's production facility in Missouri.



IMPOSSIBLE BURGER

This burger owes its beefiness to heme, the compound known for giving meat its bloody taste. Impossible Foods' scientists insert heme from soybean plants into genetically engineered strains of yeast, which, critics say, locks the company into reliance on petrochemical-laden monocultures.



- GHG Emissions - lbs CO₂ e/quarter pound
- Water - gallons/quarter lbs
- Land - SF/quarter lbs
- Produced with Genetically Modified Ingredients or Inputs

GOING GREEN 1 DAY/WEEK

WHAT YOU NEED TO KNOW ABOUT MEATLESS MONDAYS

1 WHERE'S MY PROTEIN?



1 OZ BEEF
7 G PROTEIN
5 G FAT
78 CALORIES



1 OZ TEMPEH
5 G PROTEIN
3 G FAT
56 CALORIES

1 OZ CHICKPEAS
5 G PROTEIN
6 G FAT
146 CALORIES



ALL WIKIMEDIA COMMONS

1 OZ MOZZARELLA
7 G PROTEIN
5 G FAT
72 CALORIES



1 OZ QUINOA
5 G PROTEIN
2 G FAT
150 CALORIES





Strategies for Change



- ▶ Eat one or two meatless days a week
- ▶ Have canned or dried beans in your cupboard
- ▶ Eat items with a lower food-print: eggs, chicken, and fish

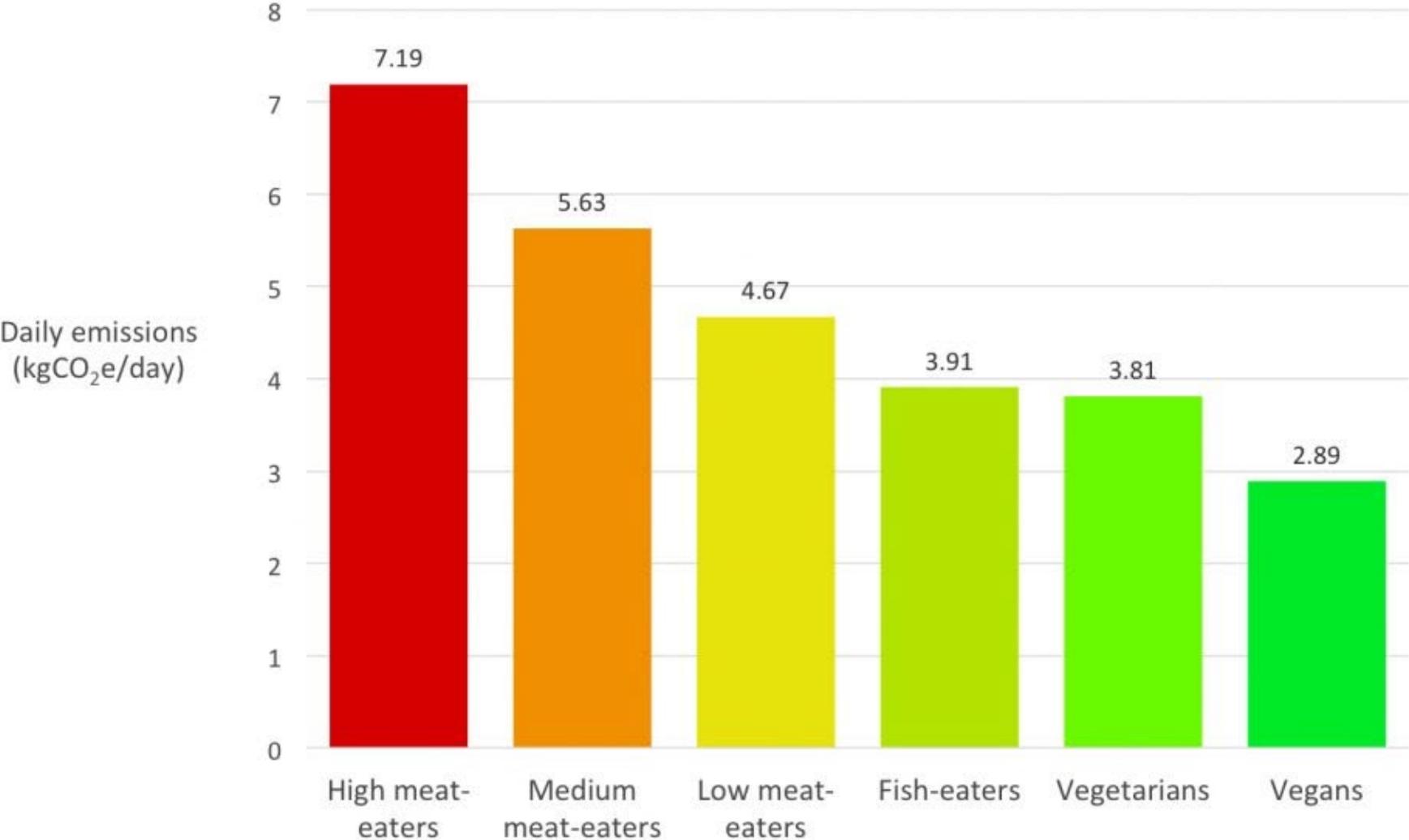


Plant-Based Eating Tips

- More fruits & vegetables in meals
- Make Meatless Monday recipes
- Stock up with plant-based staples
- Variety of plant-based proteins
- Load up your spice cabinet
- Get the whole family involved!



Carbon Footprint of Different Diets



Calculating your “foodprint”

<https://harvard-foodprint-calculator.github.io/>

Think SOUL food

Seasonal

Organic

Unprocessed

Local



S = Seasonal

- ▶ Hardest to accomplish
- ▶ Autumn season
(examples): Winter squash, kale, potatoes, apples, pears
- ▶ Preserve, freeze, can foods for later



Shop Fresh

O = Organic

- ▶ Focus on the “Dirty Dozen”
- ▶ Best sources of organic—food co-ops, farmer’s markets
- ▶ Most grocery stores have good organic sections too



U = Unprocessed

- ▶ Reduce fast food
- ▶ Shop the perimeter of the store
- ▶ Don't aim for perfection
- ▶ Learn to cook!
- ▶ Packaging alternatives



L = Local

- ▶ Start a garden
- ▶ Fruit trees and berry bushes—take longer but last
- ▶ Farmer's markets = Less food miles/supports local farms
- ▶ Buy direct from local farms
- ▶ Check labels for local products



Sustainable Shopping and Food Storage



Photo courtesy of Seattle Met

Sustainable Shopping Tips

1. Review what you have in your cupboards and fridge first
2. Build a meal plan around what you have
3. Make a shopping list of what you need
4. Buy only what you need and what you will use
5. Skip the plastic produce bags!
6. Bring your reusable bags



Save Food Before it Goes Bad

- Create an **“Eat Me First”** box
- Have a weekly **“leftovers”** night
- **Freeze** what you can't finish



Store Food to Stay Fresh Longer

- **Learn** how to store foods so they stay fresh longer
- Store food in **clear containers** so you can see what needs to be eaten





Additional Ideas for Sustainable Meals:



- ▶ Set table with cloth napkins
- ▶ Use cloth dishtowels
- ▶ Be mindful of plastic when shopping - work to reduce your plastic diet!
- ▶ **Why reduce plastic?**
 - ▶ Ocean gets 5.3 - 14 million tons of waste annually
 - ▶ US—average person uses one single-use plastic bag every day. Denmark—4/year

