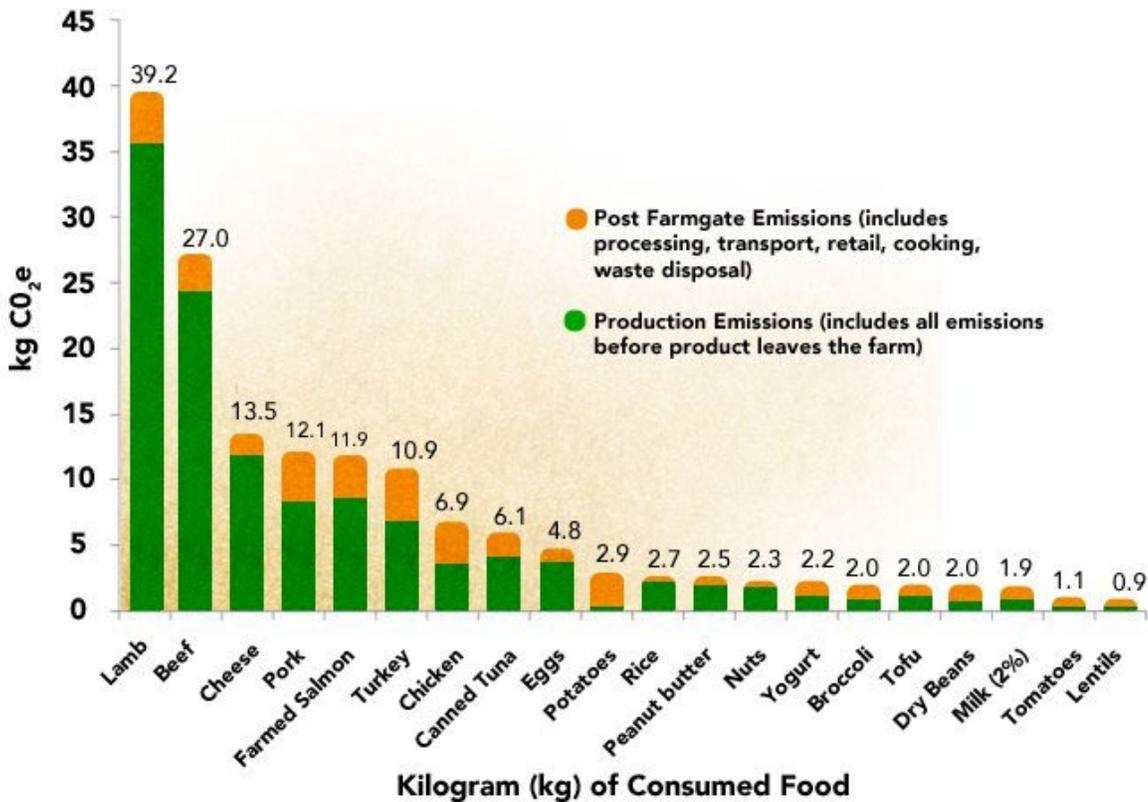


Reducing Your Foodprint – Helpful Links and Information

- ▶ Meatless Monday: <http://meatlessmonday.com>
- ▶ Calculating Your Foodprint: <https://harvard-foodprint-calculator.github.io/>
- ▶ Food: Too Good To Waste! [Food: Too Good to Waste Implementation Guide and Toolkit | Sustainable Management of Food | US EPA](#)
- ▶ WSU Sustainably Series – see what’s next!: [Sustainability Speakers Series | Snohomish County | Washington State University \(wsu.edu\)](#)
- ▶ Link to a PDF of Nancy’s Powerpoint Presentation via WSU website

Food Emissions: How do your favorite foods measure up?



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

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.

- 0.8
- 0.8
- 4.8
- No

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.

- 0.8
- 3.2
- 3.1
- Yes

Beef Alternatives

- 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
58 CALORIES

1 OZ CHICKPEAS
5 G PROTEIN
6 G FAT
148 CALORIES



1 OZ MOZZARELLA
7 G PROTEIN
5 G FAT
72 CALORIES



1 OZ QUINOA
5 G PROTEIN
2 G FAT
150 CALORIES



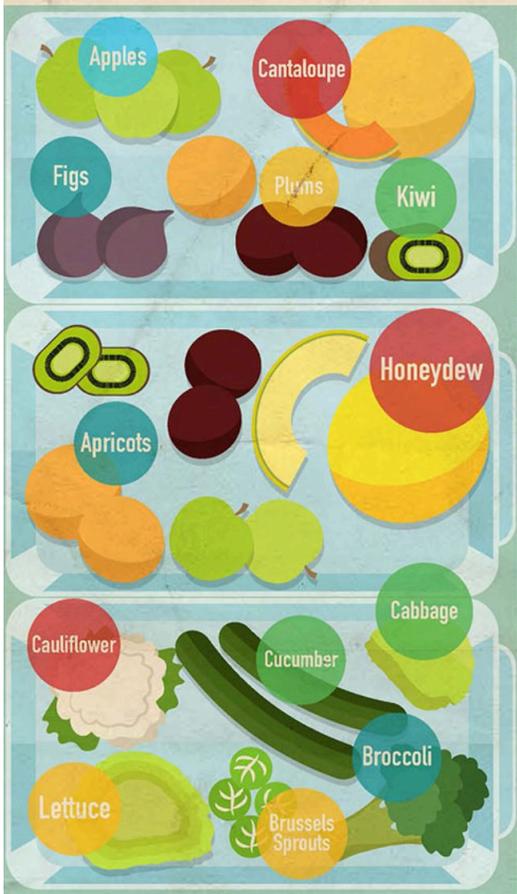
Reduce food waste with proper shopping, storing and tossing

WHERE TO STORE?

Some fruits and vegetables should be stored in the refrigerator while others are cold-sensitive and should be stored at room temperature. Make sure you are storing your produce in the proper place.

REFRIGERATE

DON'T REFRIGERATE



Never refrigerate potatoes, onions, winter squash or garlic. Keep them in a cool, dark, dry cabinet, and they can last up to a month or more.

But separate them so their flavors and smells don't migrate.

