

ClimateSmart

Food and Sustainability

“Because everybody eats, food production has the single biggest human impact on our environment.”



If you have decided to make more sustainable choices in your life, consider the impact of your food choices:

- The average food travels 1500 miles to reach your plate
- Industrial agriculture uses massive amounts of petroleum based fertilizers and pesticides ~ up to 40% of the total energy required to produce the food
- Food packaging consumes 25% of the energy required to get food to your plate
- Eat local, organic food whenever possible
- Producing meat requires huge quantities of fossil fuels and water:
 - It takes 35 calories of fossil fuel to produce 1 calorie of beef while the ratio for soy is only 2:1.
 - It takes 2500 gallons of water to produce a pound of beef, 25 gallons for wheat
 - A hybrid car saves 1 ton of CO2 per year ~ a vegan diet saves 1.5 tons per year!

“Consumers have enormous leveraging power in bringing about a more sustainable food system. The choices we make about the food we eat have a direct effect on other people and the land we live on—it is one of the most important votes we have. A sustainable food system looks beyond labels of organic versus conventional farming, or meat-eater versus vegetarian, to the whole food system. Sustainable food is grown in one’s own foodshed by a local farmer, grown at a scale appropriate to the area with minimal ecological disruption and processing, grown under healthy working conditions, and typically low on the food chain.”

– *Eating Up The Earth: How Sustainable Food Systems Shrink Our Ecological Footprint*
by Diana Deumling, Mathis Wackernagel, and Chad Monfreda

