Resources: Sustainable Suppers: What You Eat Can Change the World (no really)

DIET CHANGE - NOT CLIMATE CHANGE

Does what I eat have an effect on climate change?

Yes. The world's food system is responsible for about one-quarter of the planet-warming greenhouse gases that humans generate each year. That includes raising and harvesting all the plants, animals and animal products we eat — beef, chicken, fish, milk, lentils, kale, corn and more — as well as processing, packaging and shipping food to markets all over the world. If you eat food, you're part of this system.

How exactly does food contribute to global warming? Which foods have the largest impact?

Meat and dairy, particularly from cows, have an outsize impact, with livestock accounting for around 14.5 percent of the world's greenhouse gases each year. That's roughly the same amount as the emissions from all the cars, trucks, airplanes and ships combined in the world today. Consuming less red meat and dairy will typically have the biggest impact for most people in wealthy countries. That doesn't necessarily mean going vegan. You might just eat less of the foods with the biggest climate footprints, like beef, lamb and cheese. If you're looking for substitutes, chicken, eggs and mollusks have a smaller footprint. But plant-based foods like beans, pulses, grains and soy tend to be the most climate-friendly options of all. **More details plus quiz "How Climate-Friendly is Your Diet?">>>** Your Questions About Food and Climate Change, Answered: **How to Shop, Cook, and Eat in a Warming World** (New York Times)

Favor these ingredients

Veggies and fruit (seasonal when possible, especially fragile foods)
Grains
Corn
Beans
Nuts and seeds
Dairy (limited amounts)

Eggs (cage-free preferred for humane reasons)
Soy
Wholefoods

* In February and March seasonal options are limited, so do the best you can. But what you eat is more important than where it comes from. In general, the carbon footprint of transporting food is small compared to that of growing it (except for fragile items like berries that are shipped thousands of miles by air). Organic foods reduce pesticides on foods and the use of nitrogen -based fertilizers (a contributor to climate change) and are more friendly to pollinators. So they are preferred for environmental reasons. But studies are not conclusive as to the climate benefit of organic produce, as they are more labor and space intensive.

Reduce these ingredients

Meat, especially beef

Cheese

Processed foods and heavily packaged foods

Recipes:

The Greener Plate Challenge. (vegetarian recipes).

https://www.crsricebowl.org/recipe

Mercy Sisters meatless recipes:
https://en.calameo.com/read/000346091b9629b2c68a4?fbclid=IwAR1MeeJ8hVV-kwOY53ufgkmdgemL30PRTwZS45nnX

https://www.meatlessmonday.com/favorite-recipes/

https://www.oneingredientchef.com/recipes/

Our Best Recipes for Climate-Friendly Cooking (New York Times)

Forks Over Knives

Dr. Fuhrman

Physicians Committee for Responsible Medicine

Chef Julia

Chef Jeff

Nora Cooks

sweetpotatosoul.com

veganricha.com

vegkitchen.com

Vegetarian Recipes - Cookie and Kate

https://plantbasednews.org/category/veganrecipes/

https://minimalistbaker.comn to Be a Climate-Friendly Eater (Mother Jones)

21-Day Vegan Kickstart: App and Free Sign-up

The Daily Dozen:
The Daily Dozen Challenge and App Dr. Greger's Daily Dozen Checklist video

Reduce food waste.

- **Too Good To Go** (download app for local restaurants that provide leftover delicious food at a deep discount – 3 restaurants in Lexington!:
- Why Should We Fast from Food Waste? (Fast facts from the Ignatian Solidarity Network)
- Project Drawdown: Reduced food waste is ranked #3 on Project Drawdown's list of the top 100 solutions to global warming.
- EPA: "Reducing Wasted Food At Home"
- Food Waste Knowledge
- Understanding Expiration and Sell By Dates
- Five ways to reduce food waste NPR
- Food Link Arlington: Rescue food and feed the community:
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- **Composting**
- Backyard Composting (3 minute video)

- **Why it matters:**
- The diet that helps fight climate change (5 minute video)
- Your Questions About Food and Climate Change, Answered (New York Times)
- Carbon Brief interactive: The Climate Impact of Eating Meat and Dairy
- What is your "carbon food-print?" (note these calculations are based on global values)
- Meatcalculator (U.S. values)
- Foodprints for the Future (Earth Day Network)
- **How to Move Toward a More Plant Based Diet:**
- Excellent Food Guide from WGBH
- Meat-eaters Guide to Eating Less Meat
- Is it safe to go vegan in older age? - Harvard Health
- You want to reduce the carbon footprint of your food? Focus on what you eat, not whether your food is local
- Why I'm a Weekday Vegetarian (TED Talk 3 minutes)
- Plant Based Eating Helps: (video Beginner's Guide to Veganism, and print) https://www.pickuplimes.com
- A bit of meat, a lot of veg - the flexitarian diet to feed 10bn
- You Don't Have to Be a Vega
- For more specific tips on how to start a compost, read the article "How to Compost at Home: A Beginners Guide to DIY Fertilizer," or check out this simplified infographic for composting basics.
- https://www.pbs.org/wnet/nature/blog/inside-nature-infographic-how-to-compost/
- https://ilsr.org/compost-impacts-infographic/
- Kiss the Ground Video **https://kisstheground.com/the-compost-story/**
- **The Importance of Compost (why and how): https://youtu.be/Ry_N5rzdr_g**

- Curbside compost pick up companies: Black Earth (Lexington, Arlington and more) In addition City Compost, Bootstrap, and Garbage to Garden..
- Why Composting is critical (articles plus video)

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