

**UUFSD Sustainable Potluck – April 19, 2015
Founders Hall, 5:30 - 7:30 PM**

Factors to consider in designing a sustainable diet:

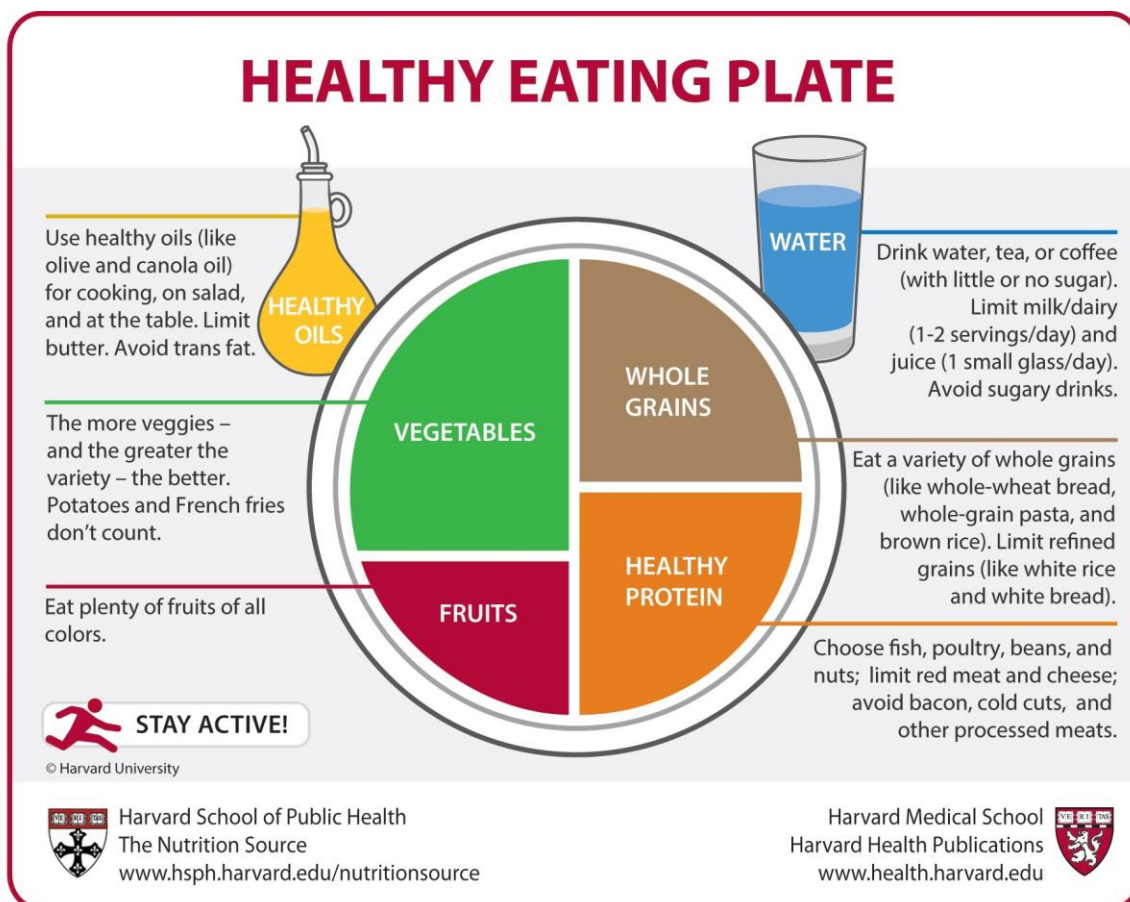
1. **Effect on health and longevity;**
2. **Environmental Impact, including use of toxics, climate change and biodiversity;**
3. **Fair trade practices and economic equity for farmers;**
4. **Emphasis on local foods;**
5. **Consideration of resources required to grow, preserve and distribute foods.**

The Bottom Line

The lower on the food chain you eat, the healthier it is for you and the Planet.

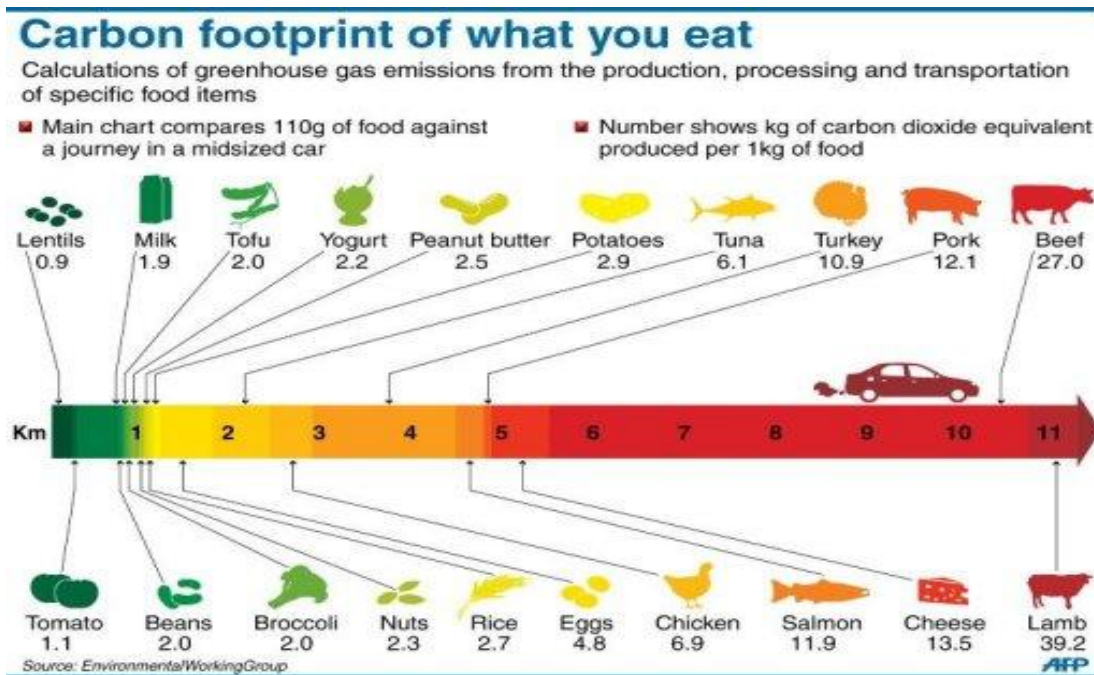
Effect on Health & Longevity

Diets emphasizing foods that are lower on the food chain (including vegetables, legumes, fruits, whole grains, nuts, seeds) contribute to longer, healthier lives. Plant foods with **BIG** color and **STRONG** flavor, especially those minimally processed, are particularly healthful choices. Usually, the longer the ingredient list and the more packaging, the less healthy the food.

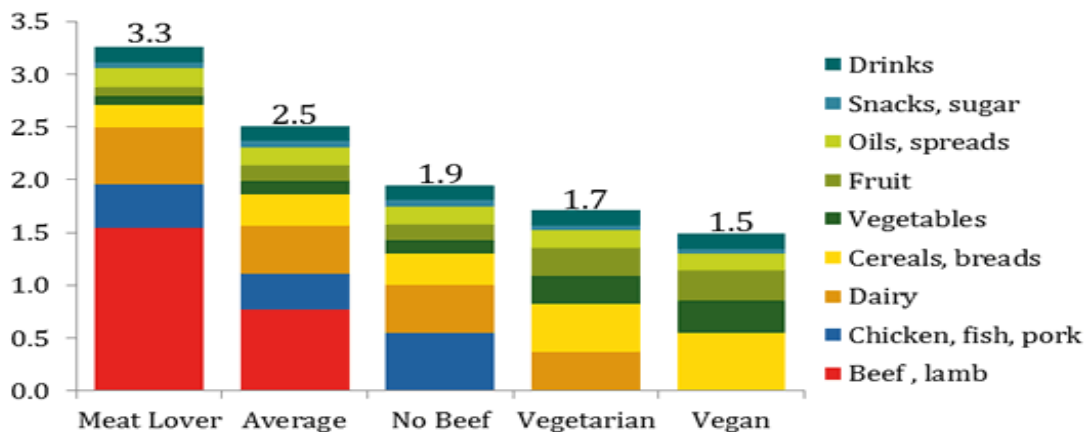


Environmental Impact (Including Use of Toxics, Climate Change, & Biodiversity)

Again, the lower on the food chain – all other things being equal – the lower the greenhouse gas footprint and the lower the impact on the environment and biodiversity. The same is true of organically grown foods.



Foodprints by Diet Type: t CO₂e/person



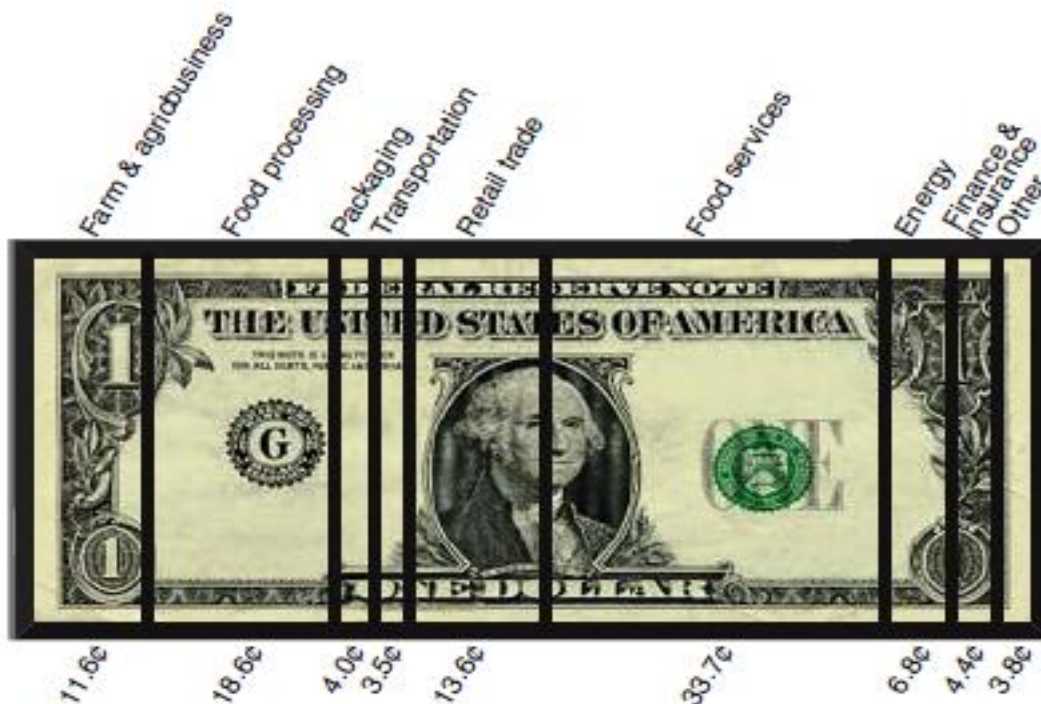
Note: All estimates based on average food production emissions for the US. Footprints include emissions from supply chain losses, consumer waste and consumption.. Each of the four example diets is based on 2,600 kcal of food consumed per day, which in the US equates to around 3,900 kcal of supplied food.

Sources: ERS/USDA, various LCA and EIO-LCA data



Fair Trade, Equity for Farmer, & Supporting Local Agriculture

For every dollar we spend on food, only about 11 cents goes to the farmer on average.



What can you do about it?

- Buy fresh and local.
- Buy directly from the Farmer at Farmer's Markets or join a Community supported agricultural program (CSA) – this can increase the farmers take to as much as 80% or more.
- Buy lower on the food chain – farmers growing veggies and fruits get a larger share of the food dollar.
- Buy certified fair trade goods.

Sustainability of Resources Required to Grow, Preserve and Distribute Foods

How food is grown has a major impact on how sustainable it is.

- Modern factory farms deplete soils; organically grown food creates soil;
- Monocultures require more pesticides, herbicides and fertilizers, and they are extremely fragile – being susceptible to disease, blight, and shifts in climate. For example the entire global production of bananas comes from one genetically identical hybrid and it is now threatened with a blight.
- Water and energy intensity of foods follow the same rule – the lower on the food chain, the more sustainable. (See water intensity of crops in table below).

Group	Food	Gallons Water/ Pound Food	Notes
Fruit	Apple	84	
Fruit	Banana	103	
Fruit	Dates	360	
Fruit	Mango	192	
Fruit	Orange	55	
Fruit	Peach/nectarine	144	
Fruit	Pear	84	
	Average	146	Range 55 - 360
Grains	Bread (from wheat)	156	
Grains	Rice	408	
	Average	282	Range 156 - 408
Protein	Beef	1861	
Protein	Cheese	600	
Protein	Chicken	468	
Protein	Peanuts (in shell)	372	
Protein	Pork	576	
Protein	Tofu	244	
	Average	504	Range 244 - 1861
Miscellaneous	Avocado	220	
Miscellaneous	Chocolate	288	Only 18 gal/oz!
Miscellaneous	Sugar (cane)	180	
Miscellaneous	Olives	528	
	Average	304	Range 180 - 528
Vegetable	Cabbage	24	
Vegetable	Corn	108	
Vegetable	Cucumber	29	
Vegetable	Lettuce	16	
Vegetable	Potato	30	
Vegetable	Pumpkin	29	
Vegetable	Tomato	22	
	Average	37	Range 16 - 108

Most extrapolated from <http://www.waterfootprint.org/Reports/Hoekstra-2008-WaterfootprintFood.pdf>