

EATING WITH THE EARTH CHARTER

Eating is a significant social and environmental activity that humans engage in each day.

How and where the food we eat is grown, processed, packaged, transported, and prepared can influence global biodiversity, soil erosion, water conservation, local employment opportunities, farmland preservation, pesticide use, energy use and waste streams.

A FOODSHED is “the flow of food from point of production to point of consumption”

Being aware of your foodshed means being conscious of how food choices affect the environment and communities.

Can YOU recognize your ability to help create and support a more sustainable food system?

You ARE what you eat – do you want to be pesticides, herbicides, hormones etc?

HEALTH IS WEALTH

HOW DO YOU EAT WITH THE EARTH CHARTER?

Earth Charter Principle 7:

**ADOPT PATTERNS OF PRODUCTION, CONSUMPTION, AND REPRODUCTION
■ THAT SAFEGUARD EARTH’S REGENERATIVE CAPACITIES,
HUMAN RIGHTS, AND COMMUNITY WELL-BEING**

WHY IS THIS PRINCIPLE IMPORTANT?

THE WORLD DOES PRODUCE ENOUGH FOOD TO FEED EVERYONE. But the food is often in the wrong place, or unaffordable, or can't be stored long enough. So making sure everyone has enough to eat is more about politics than science.

We WASTE food

- More than 96 billion pounds of edible “surplus” food is thrown away in the U.S.
- It is estimated that almost 27% of our food is wasted

Naturally grown, organic food has morphed into being a “luxury” with only the rich being able to afford it – this is not right! Everyone should have the right to know what they are eating etc?

Its your CHOICE – you can make the difference for your own personal health

FOOD & RESOURCES:

The lower you eat on the food chain, the fewer resources you use to produce that food!

Energy

Food travels on average 1,500 – 2,500 miles from farm to table – 25% further than 20 years ago
Tonnage of food shipped has grown 4x over the last 40 years
A head of lettuce shipped across the US requires about 36x as much fossil fuel energy in transport as it provides in food energy when it arrives
A typical meal using local ingredients entails 4-17x less petroleum consumption in transport than the same meal bought from the conventional food chain

Pesticides etc

Many of the pesticides on which the crop increases have depended are losing their effectiveness, as the pests acquire more resistance.
The Environmental Protection Agency (EPA) has found 98 different pesticides in the drinking water of 40 states.

Land & Soil

Globally, about 26% of the planet's land area (roughly 3.3 billion hectares) has been converted to cropland and pasture, replacing a third of temperate and tropical forests and a quarter of natural grasslands – also creating habitat loss and species extinction
Soil degradation has reduced global agricultural productivity by 13% in the last 50 years
An estimated 3 billion tons of topsoil are lost to erosion each year

Modern Technology

Biotechnology has the potential to produce drought-resistant plants or varieties that withstand pest attacks – so a surplus of food could be produced and feed the hungry
However – this idea of genetically modifying food causes deep unease – we do not know the long term consequences of these actions
It may erode the genetic resources in thousands of traditional varieties grown in small communities across the world.
MORE – scare people

FOOD PRODUCTION:

Global food production has more than kept up with the global population doubling to 6 billion in the 40 years from 1960.
An acre of cereal produces five times more protein than an acre devoted to meat production. An acre of legumes (beans, peas, lentils) can produce 10 times more protein and an acre of leafy vegetables, 15 times more protein than an acre devoted to meat production.
Data on how food production has increased dramatically – and how nature has been given a “helping hand”

FOOD & PERSONAL HEALTH:

YOU ARE WHAT YOU EAT!
Meat is not the only form of protein – alternatives: leafy greens, seeds, nuts, soy products, dairy products
Over-consumption is damaging to personal health
Since 1970 – world cereal consumption has more than doubled
Since 1961 – meat consumption has tripled
If its not organic – this is what you are getting:

MEAT & FISHERIES:

The most environmentally damaging and unsustainable food practices is the over-consumption of meat. Meat production uses a disproportionate share of resources, contributes to world hunger, treats animals inhumanely, and compromises our health.
More than 1/3 of all raw materials and fossil fuels consumed in the US are used in animal production
Producing one hamburger patty uses enough fuel to drive 20 miles and causes the loss of 5x its weight in topsoil
34% of world grain supplies are fed to livestock reared for meat
You would save more water by not eating a pound of Californian beef than you would be not showering for an entire year
Beef production alone uses more water than is consumed in growing the nation's entire fruit & vegetable crop
Each vegetarian saves an area of trees per year
Cattle farming is the most singular cause of the destruction of tropical rainforests in Central & South America
Beef production alone uses more water than is consumed in growing the nation's entire fruit & vegetable crop
It takes 6.9 pounds of grain, 44 gallons of gasoline and 430 gallons of water to produce 1 pound of pork. It takes 4.8 pounds of grain, 25 gallons of gasoline and 390 gallons of water to produce 1 pound of beef. □
2003 – FAO of UN found that nearly ½ of all major marine fisheries worldwide are fully exploited, while 18% are overexploited
The global fish catch grew more than six times from 1950 to 1997
Fish & mercury levels

THE EARTH CHARTER PRINCIPLE 7A STATES THAT ONE NEEDS TO:

**REDUCE, REUSE AND RECYCLE THE MATERIALS USED IN PRODUCTION
AND CONSUMPTION SYSTEMS, AND ENSURE THAT RESIDUAL WASTE
CAN BE ASSIMILATED BY ECOLOGICAL SYSTEMS**

SO WHAT CAN YOU DO AS AN INDIVIDUAL...

<p>EATING EAT ORGANICALLY & SUSTAINABLY EAT LESS MEAT – IF WE REPLACED HALF OF OUR MEAT-CENTERED MEALS WITH VEGETABLE CENTERED MEALS, OUR HEALTH WOULD DRASTICALLY IMPROVE AND WE WOULD USE FAR LESS OF OUR PLANET’S RESOURCES EAT SUSTAINABLE MEAT – BUY MEAT FROM ORGANIC FARMS OR SUSTIANABLE MEAT PRODUCERS SUPPORT SUSTAINABLE FISHING AVOID GENETICALLLY MODIFIED FOODS & UNSUSTAINABLE FARMED PRODUCTS BUY FRESH, LOCAL FOODS AVOID NON-SEASONAL FOOD THAT HAS COME LONG DISTANCES</p>	<p>SHOPPING YOU HAVE A CHOICE – BUY ORGANIC OR SUSTAINABLY GROWN PRODUCTS INSTEAD OF COMMERCIAL ONES. LET YOUR SUPERMARKET KNOW YOU WANT LABELS THAT PROVIDE INFORMATION ABOUT WHAT YOU EAT (E.G. HORMONES ADDED) BE AWARE OF THE ‘E’ NUMBERS THAT ARTIFICIALLY COLOUR AND FLAVOUR FOODS – STAY AWAY FROM E100 – 180, E220, E320-321</p>
<p>SUSTAINABLE FARMS SUSTAINABLY PRODUCED FOODS DO NOT RELY ON FACTORY FARMS, CHEMICAL INPUTS NAD LARGE FIELDS OF INDIVIDUAL CROPS SUSTAINABLE FARMING IS A WAY OF PRODUCING MEATS AND GROWING VEGETABLES & FRUITS THAT:</p> <ul style="list-style-type: none">- ARE HEALTHIER, FRESHER & TASTIER- DOES NOT HARM THE ENVIRONMENT- IS HUMANE FOR WORKERS AND ANIMALS- PROVIDES A FAIR WAGE TO THE FARMER- SUPPORTS AND ENHANCES RURAL COMMUNITIES	<p>TAKE CONTROL MARKETS RESPOND TO CONSUMER REQUESTS! TELL YOUR GROCERY STORE, RESTAURANTS ETC THAT YOU WANT ORGANIC OR SUSTAINABLE OPTIONS – IF ENOUGH PEOPLE ASK – THERE WILL BE. LET THEM KNOW YOU WANT LOCALLY GROWN PRODUCE AND TO SUPPORT THE FARMERS WHO GROW THEM. GROW YOUR OWN! – YOU WILL KNOW EXACTLY WHAT YOU ARE EATING – IT WILL TASTE BETTER & YOU WILL FEEL A SENSE OF ACCOMPLISHMENT! DEMAND MORE INFORMATION ABOUT YOUR FOOD PRODUCTS CONTAIN</p>
<p>WHY SUSTAINABLE? HEALTH TASTES BETTER – SUSTAINABLY-RAISED AND ORGANICE FOOD SIMPLY TASTES BETTER! HUMANE PURPOSES – SUSTAINABLY-RAISED AND ORGANICALLY-RAISED ANIMALS ARE TREATED HUMANELY AND ARE WORKERS RURAL COMMUNITIES FOSSIL FUELS & ENERGY USE</p>	