

How Our Food Choices Can Save the Planet

October 24th, 2019

CatholicClimateCovenant.org



Catholic Climate Covenantsm

Care for Creation. Care for the Poor.

Control Panel >>>>

Your Participation

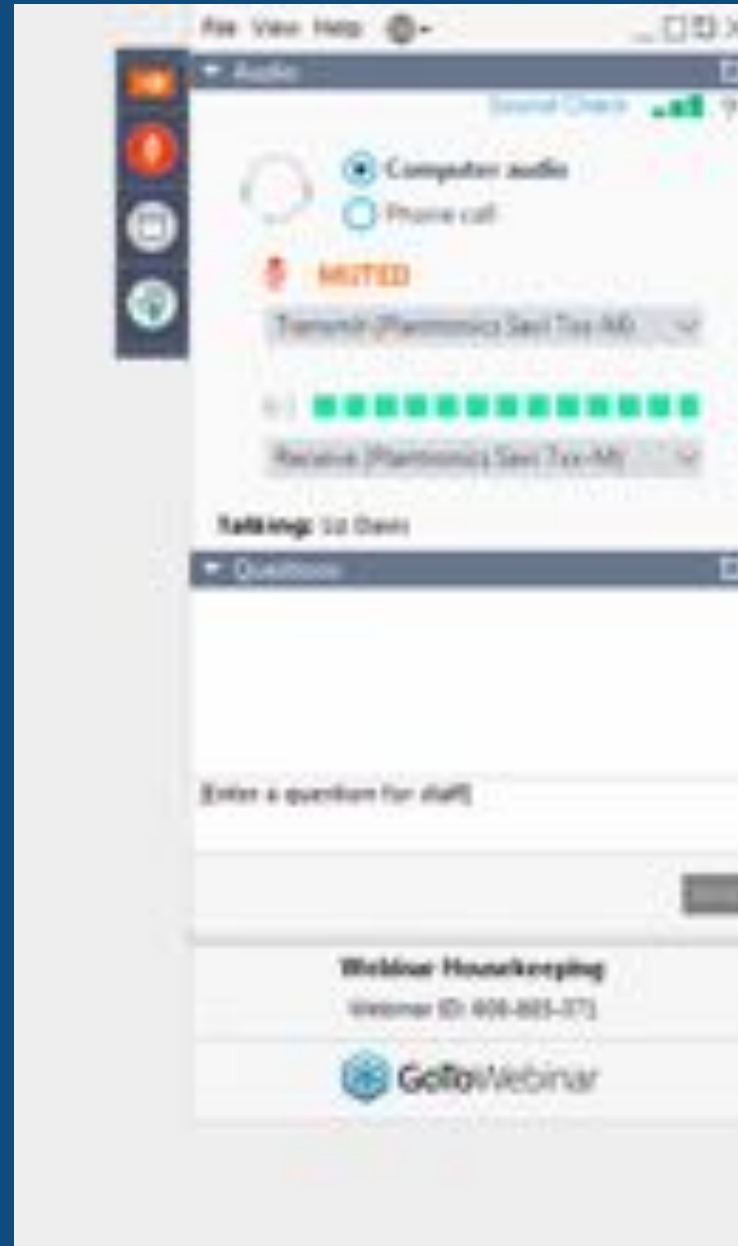
Open and close your control panel

Join audio:

- Choose **Mic & Speakers** to use VoIP
- Choose **Telephone** and dial using the information provided

Submit questions and comments via the Questions panel

Note: Today's presentation is being recorded and will be provided within 48 hours.



How Our Food Choices Can Save the Planet

Prayer for World Food Day 2016 (Education for Justice)

We are all connected, and the flooding in Bangladesh, the drought in Malawi, in Brazil,
And the violent storms in the Caribbean
Leave our sisters' and brothers' bowls empty.
The least of these are hungry
And their cries for bread echo
Christ's calls for compassionate action.
Everything is connected, and Francis reminds us
To feed the poor today
Means to attend to climate change,
To see how what is happening to so many poor farmers, to feel the effects of the flooding, the droughts,
The changes in temperature as crops lay stunted or ruined in the fields.
We struggle to restore and renew Creation as we struggle to ensure that all can taste the abundance of this gift, this
earth. May we all work for a future world that Pope Francis holds up for us,
Where we can recognize the sacred connections that bind us to one another and to our Common Home, where
All are called to the table. Amen.

– Jane Deren, Ph.D.



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How Our Food Choices Can Save the Planet



Jillian Semaan
Earth Day Network



Sarah James
Equal Exchange



Kelly Moltzen OFS, MPH, RD
Interfaith Public Health Network

Moderator: Paz Artaza-Regan, Catholic Climate Covenant



Foodprints: A Path to a Future We Crave

FOOD

CLIMATE

SOLUTIONS



EARTH DAY NETWORK

FOOD & ITS MANY CONNECTIONS



FOOD AND CLIMATE CHANGE

Scientists estimate that agriculture is responsible for approximately a quarter of all global anthropogenic greenhouse gas emissions.

Animal agriculture is estimated to account for 80% of this number.

Unless there is a comprehensive shift in how the world eats, there is no likelihood of...meeting the Paris Agreement on climate change.”

– Eat Lancet

FOOD AND CLIMATE CHANGE

“Globally, if food waste could be represented as its own country, it would be the third largest greenhouse gas emitter, behind China and the U.S.”

– UN Environment

FOOD WASTE

We waste 30-40 percent of the food supply. Which equals:

- 133 billion pounds of food
- \$161.6 billion
- 141 trillion calories per year.

FOOD JUSTICE

Better Access to Food
=
Healthier Eating
=
Healthier People
=
A Healthier Planet



FOOD & HEALTH



“Recent evidence from large ...studies... indicates that the long-term consumption of increasing amounts of red meat and particularly of processed meat is associated with an increased risk of total mortality, cardiovascular disease, colorectal cancer and type 2 diabetes, in both men and women.”

– National Center for
Biotechnology Information

“High consumption of red and processed meat and low consumption of fruits and vegetables are important diet-related risk factors contributing to substantial early mortality in most regions while over a billion people are overweight or obese”

– Proceedings of the National
Academy of Sciences of the United
States of America

It Is Simple:
Plant Forward
Diets will Help us
Fight Climate
Change.

FOOD AS A SOLUTION TO CLIMATE CHANGE

How will 10 billion people eat?

A recent report by Nature highlights the challenges of feeding a quickly growing world population with an environmentally unsustainable food system.

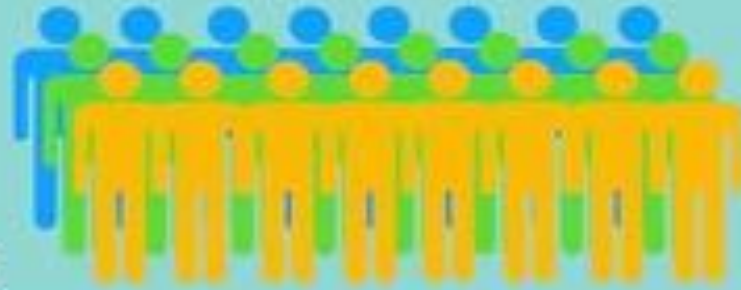
Today there are

7.6 billion

people who need to eat.

By 2050, we will need to feed

9.7 billion



70% of the world's freshwater supply is already used for agriculture

and
HALF

of the world's ice-free land surface is devoted to livestock or growing of animal feed

UNLESS WE MAKE A CHANGE, the environmental impact of the food system will increase

50% - 90% by 2050

"We won't get very far if we don't seriously think about dietary changes to a more plant-based diet."

-Marco Springmann, leader author of Nature report


Reduce red-meat consumption and follow a diet built around fruits, vegetables, nuts & legumes

We must transform our food system



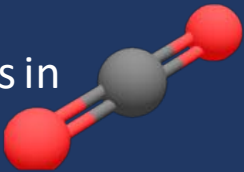
Replace 10 % of meat with plants

Savings in  23,881 gals/yr.

Savings in  150.2 lbs./yr.

Replace 50 % of meat with plants

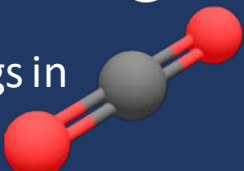
Savings in  119,404 gals/yr.

Savings in  751.13 lbs./yr.

Every Bite Counts

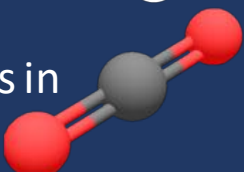
Replace 30 % of meat with plants


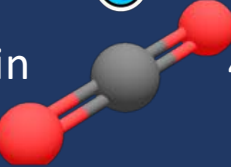
Savings in  71,642 gals/yr.


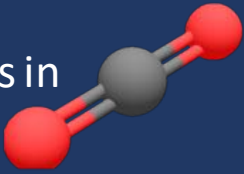
Savings in  450.6 lbs./yr.

Replace 100 % of meat with plants


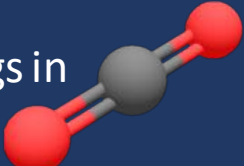
Savings in  238,807 gals/yr.


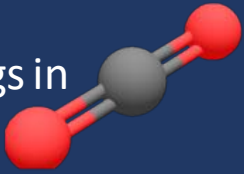
Savings in  1502.26 lbs./yr.

Replace 10 % of meat with plants
Savings in  7.8 trillion gals/yr.
Savings in  49.3 billion lbs./yr.

Replace 50 % of meat with plants
Savings in  39.2 trillion gals/yr.
Savings in  247 billion lbs./yr.

Every Bite Counts X US Population

Replace 30 % of meat with plants
Savings in  23.5 trillion gals/yr.
Savings in  148 billion lbs./yr.

Replace 100 % of meat with plants
Savings in  78.4 trillion gals/yr.
Savings in  493.3 billion lbs./yr.

SIMPLE SWAPS

Beef

- Beans
- Legumes

Eggs

- Tofu
- Alternatives
 - JUST Egg

Milk

- Alternative beverages
 - Oat
 - Soy
 - Almond
 - Cashew

Butter

- Avocado

RESOURCES

- To become a featured Earth Day 2020 Faith Partner, take a few minutes to [sign up](#). We cannot do this without you.
- Enjoy these free downloadable resources
 - [Create a fruit and veggie swap ministry](#)
 - [The Environmental Working Group's 2019 Dirty Dozen & Clean 15 lists](#)
 - [Mujaddara, a vegan recipe from Lebanon](#)

Thank you!



EARTH DAY NETWORK



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CLIMATE ACTION IN THE COFFEE YOU DRINK

SUPPORTING AUTHENTIC
FAIR TRADE TO REDUCE
GHGS

COFFEE, AGRICULTURE, AND CLIMATE CHANGE

- Deforestation → 10-11% of global GHG emissions.
- Conventional coffee growing → 2.5 million acres of deforestation in Central America.
- Conventional coffee growing & agriculture use petrochemicals for fertilizer and pesticides.
- 120 million people depend on coffee economy for livelihood
- 75% of world's poor people rely on agriculture for livelihood.
- Over 12 million people have fallen into poverty as a result of climate change.



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HOW IS FAIR TRADE FARMING RELATED TO CLIMATE ACTION AND SUSTAINABILITY?

- Growing shade grown coffee, which:
 - Halts deforestation
- Planting trees, which:
 - Restores forests
- Rebuilds the ‘soil carbon sponge’
- *Other sustainability benefits:*
 - Protecting wildlife habitat
 - Farming organically – no synthetic pesticides
 - Conserving water
 - Meeting farmers’ human needs – no need to migrate



Photo: Creative Commons

Agro-forestry: “We don’t plant coffee in the forest—we design our farms to become forests.”

Klasik Beans Cooperative member.

Source: Rainforest Alliance



WHAT IS FAIR TRADE AND HOW DOES IT WORK?

- Sourcing from small farmers
- Guaranteed minimum fair price
- Democratic farmer cooperatives
- Giving farmers a voice in trade
- Farmer access to markets & credit
- Fair trade premium to invest in improvements
- No child labor or forced labor
- 'Climate-smart agriculture' practices

OTHER FAIR TRADE PRODUCTS – CACAO, BANANAS & MORE



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Photos other than fruit courtesy of Equal Exchange

MAMA TIERRA COFFEE FROM THE CEPCO COOPERATIVE, OAXACA

- Coffee grown by CEPCO farmers cooperative – Oaxaca, MX
- CRS partners with Equal Exchange to produce Mama Tierra coffee
- Each purchase of Mama Tierra ———> contribution to CRS work with small farmers in Central America
- CRS working with CEPCO & other cooperatives on water smart agriculture



Image credits: Equal Exchange

EQUAL EXCHANGE – AN AUTHENTIC FAIR TRADE BUSINESS

- A democratic, worker-owned cooperative of 120 members – one of the largest in the country
- Founded in 1986
- Sourcing coffee & other products from over 40 farmer cooperatives in Africa, Latin America, Asia, and the US.
- One of first US trade organizations to help develop farmer cooperatives



Photo and logos courtesy of Equal Exchange

WHAT CAN WE DO TO SUPPORT FAIR TRADE AS CLIMATE ACTION?

- Purchase fair trade coffee and other products
- Educate ourselves where our food comes from
- Use power as a consumers
- Lobby supermarkets to:
 - Supply fair trade products and
 - Avoid products that exploit people and the environment;
- Ally with fair trade organizations in support of common goals.



Photo and logos courtesy of Equal Exchange

Oxfam logo from Oxfam

OUR CONSUMER ROLES AS CLIMATE ACTIVISTS

“I would encourage consumers from the US, and from all over the world, to think about what their role is in tending to the natural world, and, hopefully, to include choosing products like ours that protect the environment and support opportunities for economic development in communities that have been less favored historically.”

Jose Fernando Reyes, Norandino Cooperative,
northeastern Peru, 2017

Photos courtesy of Santiago Paz Lopez, Norandino Cooperative



FOOD AND CLIMATE

Kelly Moltzen, OFS, MPH, RD



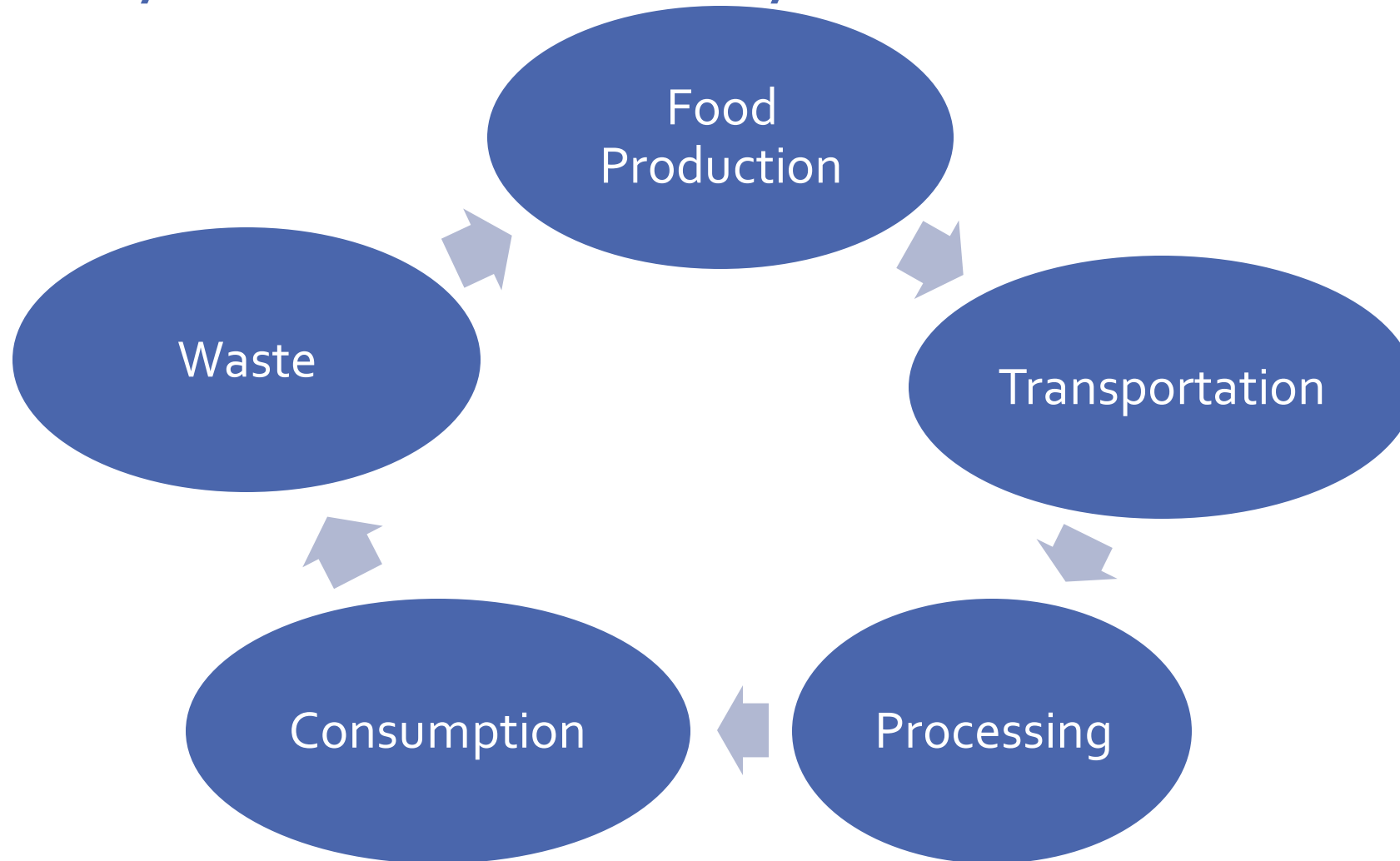
Integral Ecology

“It cannot be emphasized enough how everything is interconnected...When we speak of the environment, what we really mean is a relationship between nature and the society which lives in it.” [Laudato Si, 138-139]

Outline

- Background on food systems and the food-climate connection:
EAT Lancet Report
- What we can advocate for policymakers to do
- What parishes/religious congregations can do
- What students & schools can do
- What individuals can do

Food System & the Ecosystem





[Learn & Discover](#)

[Events](#)

[Initiatives](#)

[About EAT](#)

[The EAT-Lancet Commission](#)

The EAT-Lancet Commission on Food, Planet, Health

Can we feed a future population of 10 billion people a healthy diet within planetary boundaries?



The Science

[Read and download the adopted summary of the full report](#)



The Diet & What You Can Do



The Commission

The EAT-Lancet Commission brings together world-leading researchers in nutrition, health, sustainability and policy from across the globe.

E.A.T. Lancet Report

“Transformation to healthy diets by 2050 will require substantial dietary shifts. Global consumption of fruits, vegetables, nuts and legumes will have to double, and consumption of foods such as red meat and sugar will have to be reduced by more than 50%. A diet rich in plant-based foods and with fewer animal source foods confers both improved health and environmental benefits.”

1 Goal: To Achieve Planetary Health Diets for Nearly 10 Billion People by 2050



• Source: E.A.T. Lancet Report

Target 1: Healthy Diets

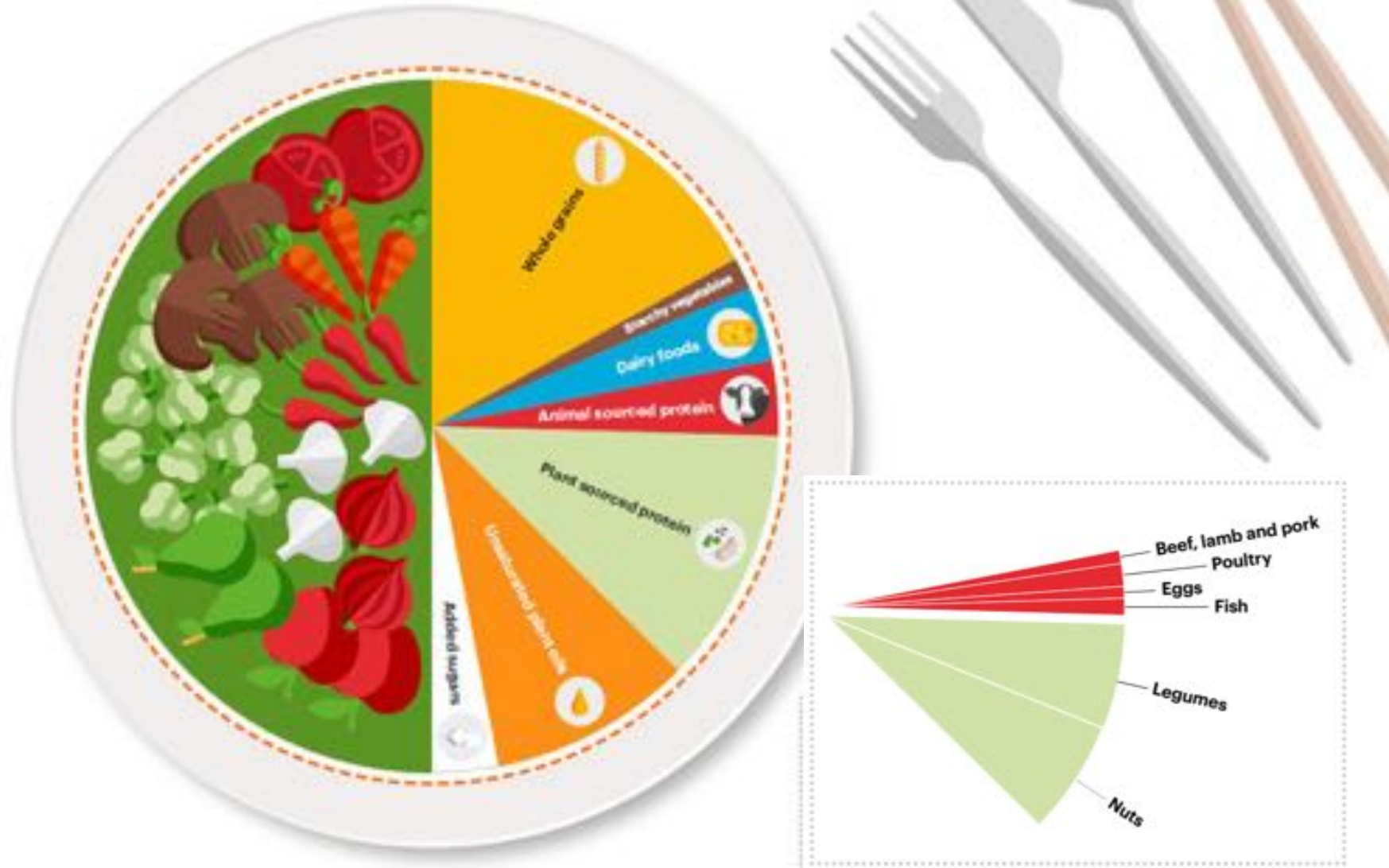
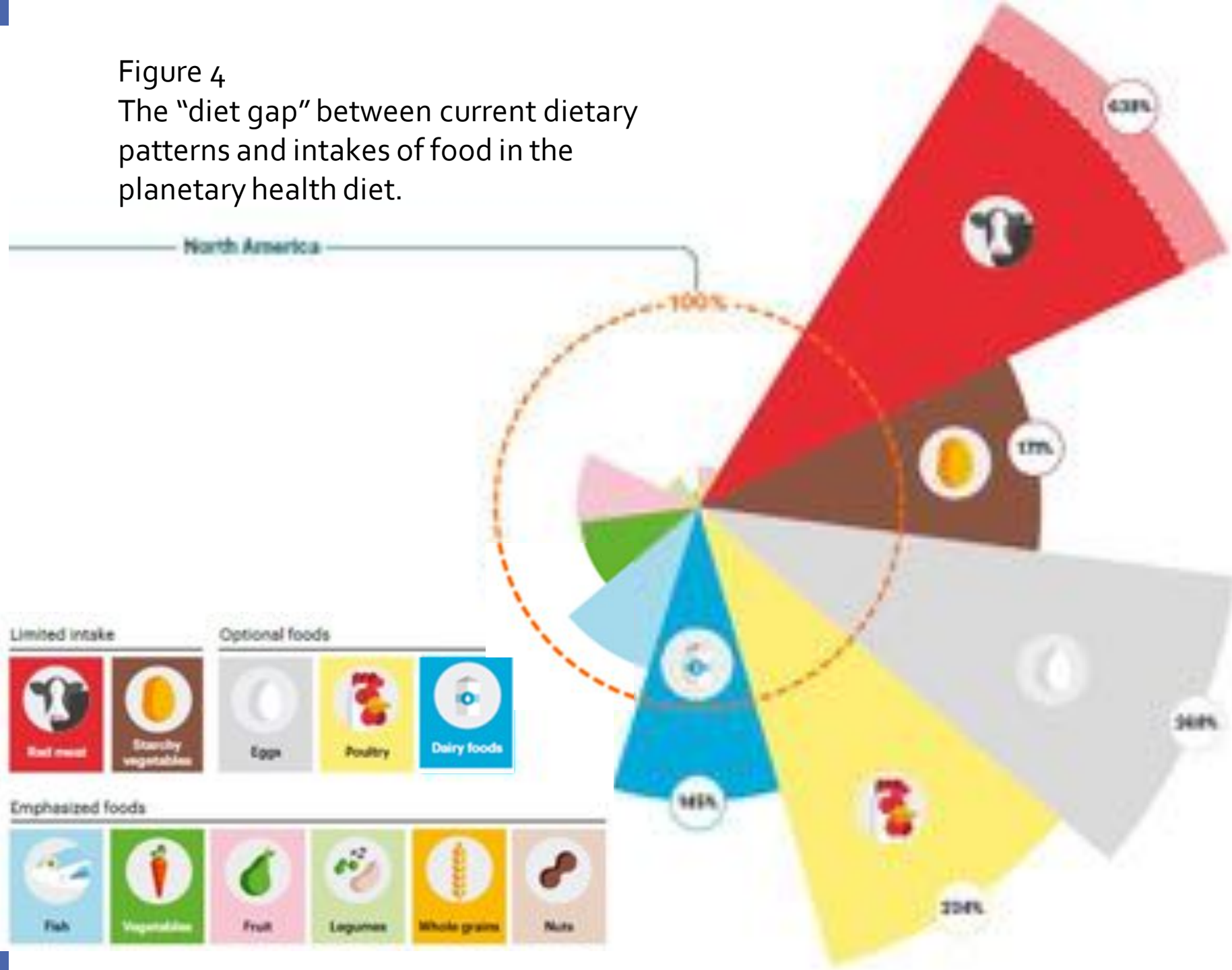
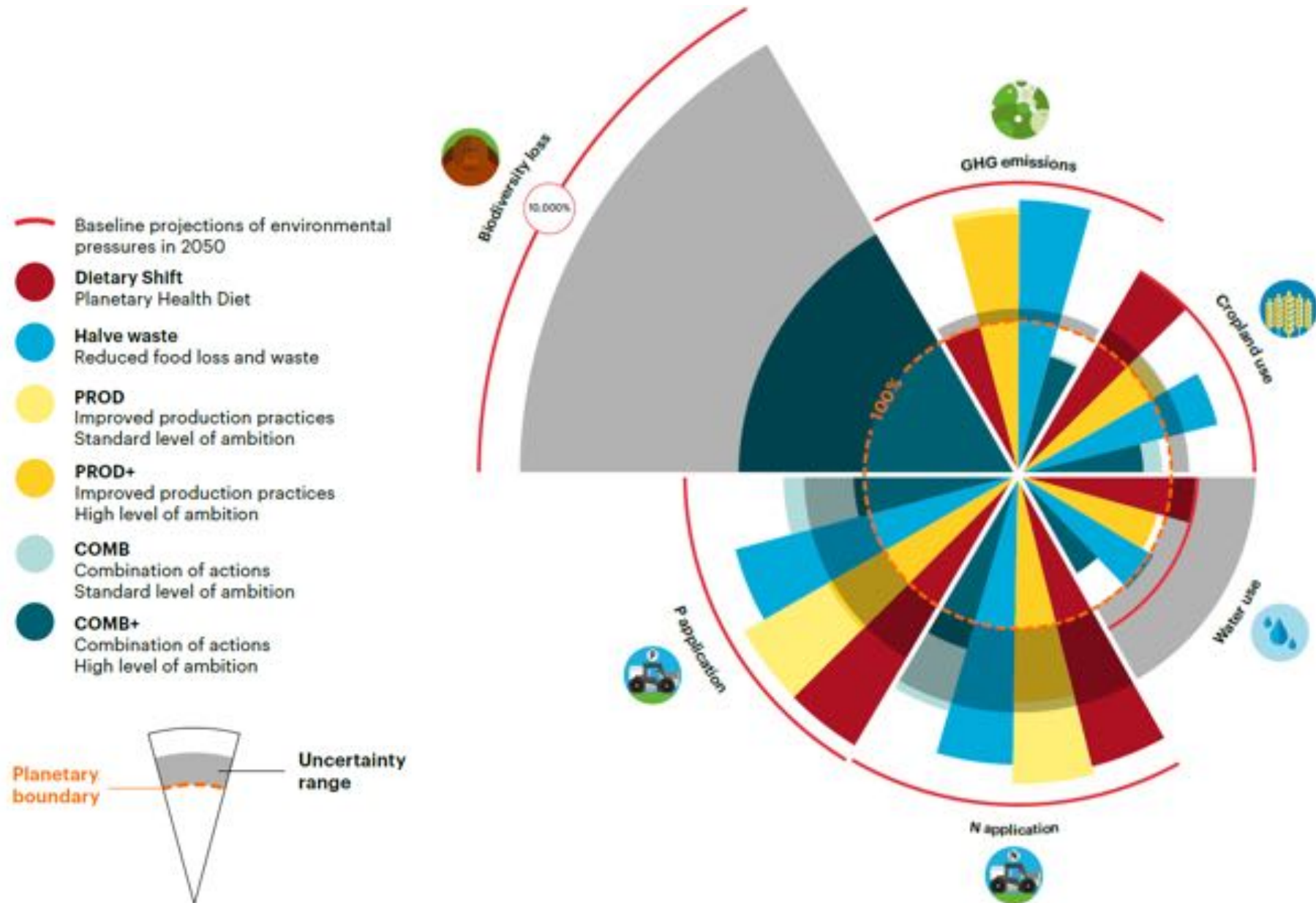


Figure 4
The “diet gap” between current dietary patterns and intakes of food in the planetary health diet.



Target 2: Sustainable Food Production



5 Strategies

1. Seek international and national commitment to shift toward healthy diets
2. Reorient agricultural priorities from producing high quantities of food to producing healthy food
3. Sustainably intensify food production to increase high-quality output
4. Strong and coordinated governance of land and oceans
5. At least halve food losses and waste, in line with UN Sustainable Development Goals

MyPlate & Farm Bill Subsidies



Good Food Purchasing Program



Local Economies

Support small and mid-sized agricultural and food processing operations within the local area or region.



Environmental Sustainability

Source from producers that employ sustainable production systems that reduce or eliminate synthetic pesticides and fertilizers; avoid the use of hormones, antibiotics, and genetic engineering; conserve soil and water; protect and enhance wildlife habitat and biodiversity; and reduce on-farm energy consumption and greenhouse gas emissions.



Valued Workforce

Provide safe and healthy working conditions and fair compensation for all food chain workers and producers from production to consumption.



Animal Welfare

Provide healthy and humane care for livestock.



Nutrition

Promote health and well-being by offering seasonal fruits and vegetables, using whole grains, reducing salt and added sugars, and eliminating the use of deep frying.



Wholeshare

1

Wholeshare makes it easy to buy food as part of a group

2

Buying as a group gives you more purchasing power and allows you to buy directly from food producers

3

Your food is delivered directly from the source, so it's fresher and more affordable



Black Church Food Security Network & Soul Fire Farm Reparations Map



Collective Action

Parishes / religious congregations

- Utilize GreenFaith Good Food Toolkit
- Utilize land from religious congregations to grow food
- Become a farm share site
- Work with dining services to take the Cool Food Pledge, and change food procurement to standards of the Good Food Purchasing Program
- Raise awareness about the link between food and climate change
 - Screen a food-related film
 - Educate your congregation about the EAT Lancet report
- Support food justice initiatives and join the Real Meals Campaign
- Advocate for programs and policies that incentivize selling of healthy, plant-based foods especially in low-income communities



St. Martin of Tours & Garden of Happiness



Collective Action

What Students & Schools Can Do

- Plant a school garden
- Participate in Meatless Mondays
- Campaign for a Green Team
- Advocate for food and nutrition education
- Decrease food waste from school lunch
- Work with your school sustainability/wellness coordinator to create a healthier school environment
- Advocate for expansion of FoodCorps program to more schools



Food & Climate Flyer for Schools



MAKE CHANGE IN CLIMATE CHANGE

Carbon dioxide and other greenhouse gases are rapidly changing our atmosphere, causing a cascade of serious harmful effects to our planet, our food system, and ultimately us!

What students & schools can do:

- Plant a school garden
- Participate in Meatless Mondays
- Campaign for a Green Team
- Advocate for food and nutrition education
- Decrease food waste from school lunch
- Work with your school sustainability/wellness coordinator to create a healthier school environment

When we respect our interdependence
with earth for the food we eat,
the water we drink and the air we breathe,
the earth sustains and nourishes us.

Causes of Climate Change:

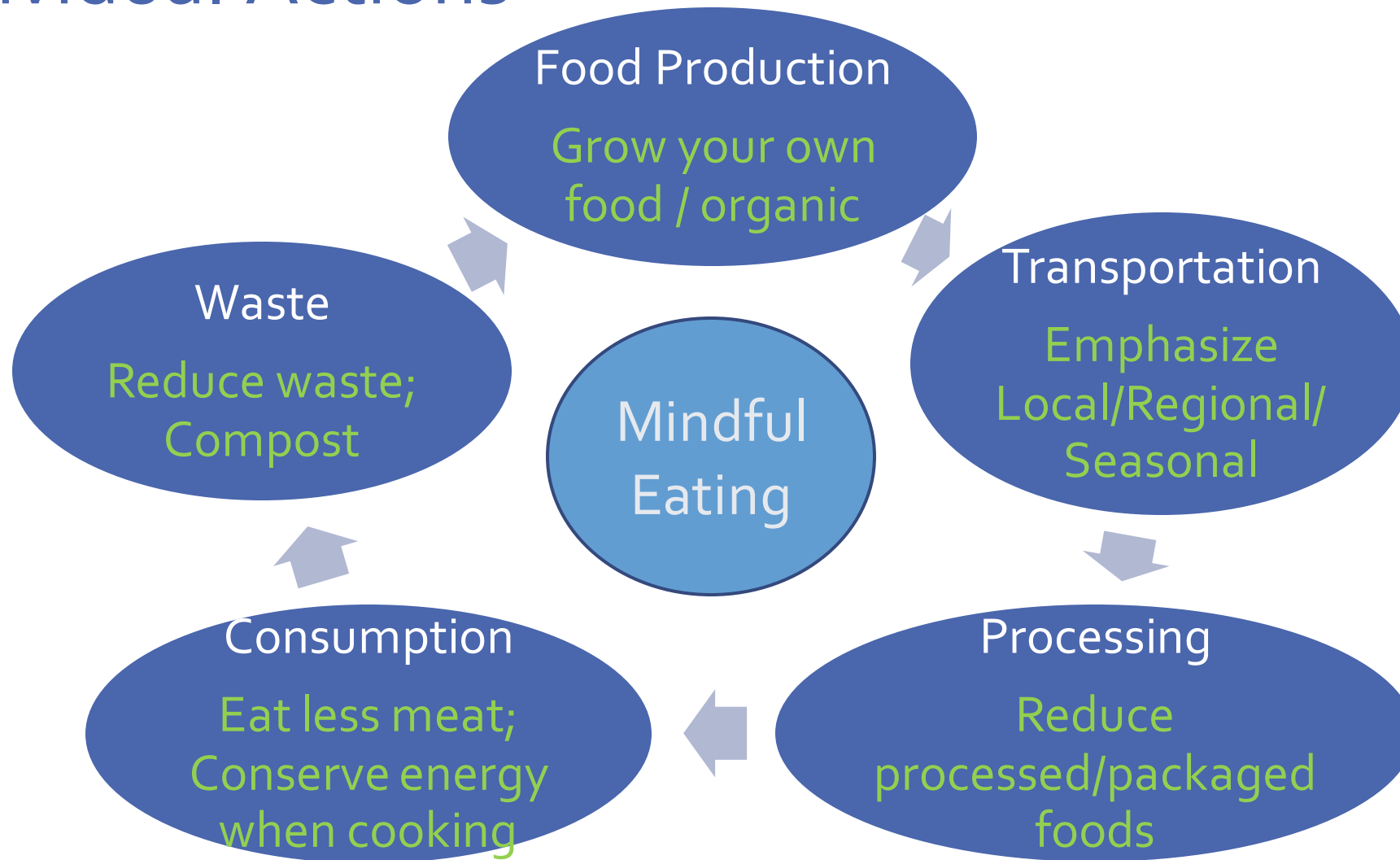
- Eating too many animal products puts pressure on the planet. Globally, livestock production is responsible for up to 18% of greenhouse gas emissions - more than every car, plane and train on the planet.
- Industrialized farming is wasteful and harmful to the planet.
- Eating heavily processed food takes a lot of energy to produce and transport. Processed foods are harmful to our health and the planet's sustainability.

Climate Change Solutions:

- Plant a school garden. School gardens show improvements in student health, attention and academic achievement.
- Participate in Meatless Mondays at your school. Through eating less meat, the amount of livestock needed to feed students is reduced therefore decreases greenhouse gas emissions.
- Talk to your principal and wellness coordinator about gaining more food and nutrition education in your school.
- Foster a relationship and collaborate with your school sustainability/wellness coordinator to make your school environment and community healthier places to thrive.
- Encourage your sustainability/wellness coordinator to implement a Green Team to promote school-wide sustainable actions and behaviors.



Individual Actions



GROW METHOD

FEED YOUR FAMILY AND HELP 1 BILLION PEOPLE FEED THEMSELVES



SAVE FOOD



SEASONAL



LESS



SUPPORT



COOK SMART

St. Francis of Assisi

“All should abstain from eating meat except on Sundays, Tuesdays, and Thursdays, on account of illness or weakness, and on special feast days. When there is no fasting, they may eat cheese and eggs. And when they are with religious in their convent homes, they may eat whatever is served to them. Let all be temperate whenever they eat and drink.”

- Francis of Assisi: The Essential Writings. In His Own Words. "The First Rule of the Third Order."

The Perfect Penance

"Eating locally is good for our health and the health of the planet, it is good for local farmers, it builds community, and it contributes significantly to curbing global warming. It is the perfect penitent action: requiring intention and sacrifice on the personal level, offering transformative potential on the societal level and in the meantime bringing into our lives many of the spiritual gifts that accompany the penitent life - simplicity, community, humility, and joy."

- Care for Creation: A Franciscan Spirituality of the Earth by Ilia Delio OSF, Keith Warner OFM, and Pamela Wood

Action Steps

- What we can advocate for policymakers to do
- What parishes/religious congregations can do
- What students & schools can do
- What individuals can do

Thank You!

Kelly Moltzen, OFS, MPH, RD

kelly@iphnetwork.org



INTERFAITH
PUBLIC HEALTH
— NETWORK —

How Our Food Choices Can Save the Planet

Questions ?



Catholic Climate Covenant™
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How Our Food Choices Can Save the Planet

For more information:

info@CatholicClimateCovenant.org

www.CatholicClimateCovenant.org



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