

# Walk the talk: Sustainable food consumption

## 1 easy change you can make

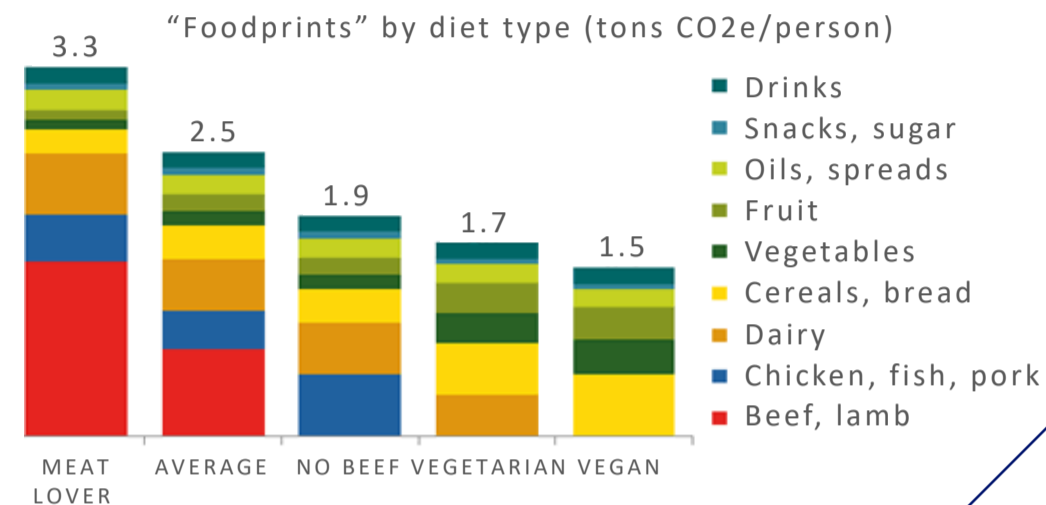
### ❑ Consume less meat & dairy products

You don't have to become a vegetarian or vegan to make a difference. If everyone were to reduce their meat consumption, it would already make a huge impact globally. The long-term impact could eventually lead to a cut in costs to combat climate change by nearly 50% over the next few decades.



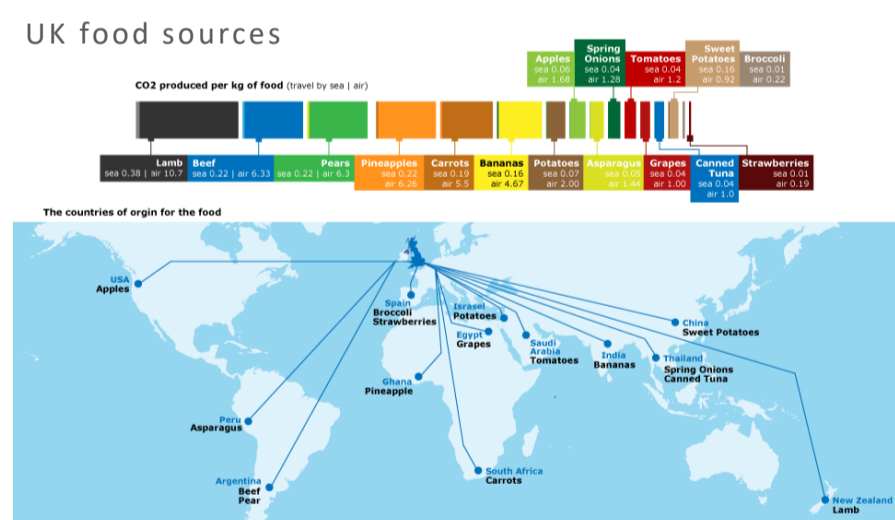
## OUR DIETARY PREFERENCES MATTER

The ecological footprint of food is measured across 4 dimensions: The **water** backpack, **GHG** emissions, **land use** impact and **feed conversion** ratio. Animal-based foods are generally more resource-intensive and environmentally impactful to produce than plant-based foods: Beef production requires **20x** more land and emits **20x** more GHG emissions per unit of edible protein than common plant-based protein sources. Animal agriculture is responsible for **91%** of Amazon rainforest destruction.



**25%** of the Earth's land area is pastureland

Emissions of organic agriculture can be **66%** lower than conventional systems

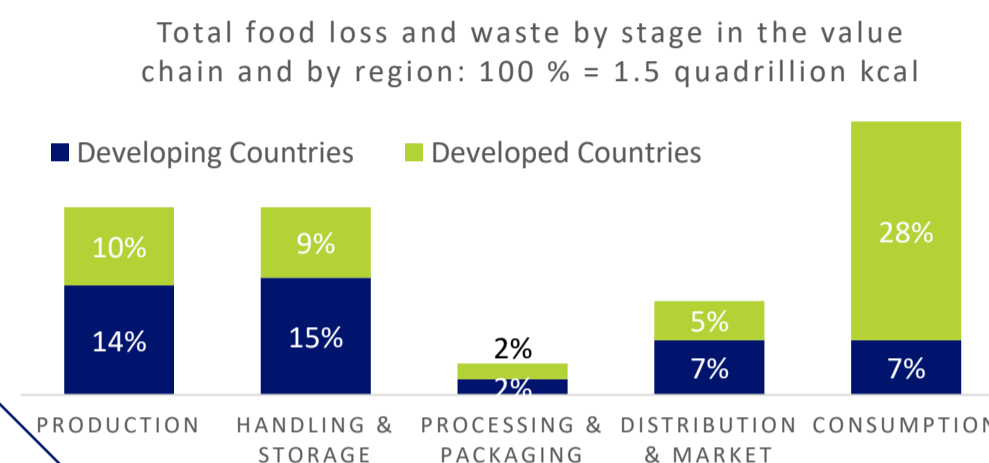


**Local** food can provide freshness, reduce food miles, offer benefits to local farmers and communities and help reconnect consumers with where their food comes from. **Seasonal** food can offer better taste and be more affordable. Mainstream global trade often discriminates against the poorest people, large-scale agricultural practices harm the environment. Brands like **Fairtrade** or **Rainforest Alliance** assure that disadvantaged producers and workers in poorer countries are getting a better deal and wildlife and ecosystems are protected.

## SUSTAINABLE PRODUCTION MATTERS

## FOOD WASTE MATTERS

The global carbon footprint of food wastage is **3.3 Gt CO<sub>2</sub>**. Food loss and waste generates about **8%** of global GHG emissions. If food wastage was a country, it would be the **third largest emitter** in the world. 2012 market value of food products lost or wasted was **USD 936 billion**, similar to the GDP of Indonesia. The average food waste per person in Europe is **280kg/year**, of which 65% is lost during production and retailing, and 35% at consumer level.



**1/3** of all food produced in the world is wasted

**26%** of ocean plastic is food packaging

## 5 easy changes you can make

- ❑ **Plan and prep:** Buy only what you need.
- ❑ **Love your leftovers:** Date leftovers and take them to work for a simple lunch.
- ❑ **Use kitchen sink recipes** to use up what's left in your fridge. Quiches, stirfrys and soups are all good options!
- ❑ **Pick up the "ugly" fruits and vegetables** in the supermarket.
- ❑ **Learn the difference between 'use by' and 'best before' dates**



## 3 easy changes you can make

- ❑ **Buy local:** Check the product's origin at the supermarket and/or shop at a nearby farmer's market or food co-op
- ❑ **Buy seasonal:** Get a calendar for local fruits and vegetables and eat what's in season
- ❑ **Buy from trusted schemes**

Packaging uses up **natural resources** like metal (for tins and foil), oil (for plastic) and wood (for paper and cardboard), consumes precious **energy** and generates huge amounts of **waste**. Well-designed packaging can protect food and so help reduce food waste, but far too much food packaging is just cosmetic and difficult to recycle. Plastic beverage bottles and food wrappers are among the most commonly collected items from waterways. By far the best option is not to generate packaging waste in the first place.

## FOOD PACKAGING MATTERS

## 4 easy changes you can make

- ❑ **Lighten up on packaging:** Shop locally at outlets that use minimal packaging, such as markets, veg box schemes and small shops.
- ❑ **Use your SYSTEMIQ bottle** instead of plastic cups or bottles.
- ❑ **Avoid plastic bags and bring your own:** There is now a huge range of lightweight, well-designed foldable, squashable and otherwise portable bags.
- ❑ **Eat in and avoid take-away packaging**



**Walk the talk – Live the change that you wish to see in the world!** SYSTEMIQ encourages and supports measures and activities targeted towards sustainable food consumption. In our monthly food newsletter we will inform you about the newest life hacks, initiatives worth supporting and the best recipes for fruits and veggies in season!

S Y S T E M I Q