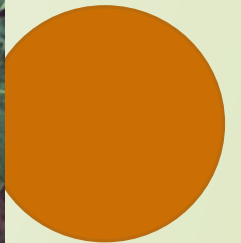




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Food Sustainability





What is Food Sustainability



- Food sustainability is about generating food at a productivity level that is enough to maintain the human population. Sustainable food production is fundamentally grounded on the availability of fertile land, water, nutrients and an adequate climate.



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Food Sustainability

- ❖ Provide human food and fiber needs,
- ❖ Enhance environmental quality and the natural resource base upon which the agricultural economy depends,
- ❖ Make the most efficient use of nonrenewable resources and on-farm resources and integrate, where appropriate, natural biological cycles and controls,
- ❖ Sustain the economic viability of farm operations,
- ❖ Enhance the quality of life for farmers and society as a whole.

sustainable
FOOD





Why is food sustainability important?

"The Food and Agriculture Organization (or FAO, for short) reports that typical food production practices can contribute to air pollution, create non-potable water and cause land erosion, among so many other consequences contributing to our global climate crisis. According to the World Wildlife Fund, the sustainable management of agriculture is key to maintaining and revitalizing our environment. Not only is it important to focus on sustainable modes of food production, like regenerative agriculture, to benefit the land that's being grown on, but if managed correctly, sustainable agriculture also benefits broader areas of land, as well as animals who live on the land and farm workers who manage the land. Long story short, adjusting your food shopping and dining habits to include sustainable food can help curb climate change. "



Benefits of Food Sustainability

➤ 1. Decreases food budget

Buying foods in their whole, fresh form, in season, and direct-to-consumer (farmer to you) is usually less expensive.

➤ 2. Establishes meaningful connections

Positive relationships have been built between farmer and consumer by discussing availability, taste, and tips for preparation and storage. A stronger appreciation of food grown by someone you know has become common.

➤ 3. Enhances cooking skills

Using more whole foods when cooking allows greater enjoyment and sensory perception of meals.

➤ 4. Increases opportunities to engage with other members of the local community

Farmers' markets, farm activities, farm-to-table events, and CSAs are great avenues for people to meet and participate in promoting positive change locally.

➤ 5. Supports farmers

Farmers earn greater profits as compared to when they sell to wholesalers, food processors, and grocery firms.



Benefits of Food Sustainability

➤ 6. Reduces expenditure

There is less need for transportation, handling, refrigeration, and time in storage. Farmers are offered simplicity, transparency, and independence selling direct to consumer.

➤ 7. Supports the local economy

The food grown, processed, and distributed locally generates jobs, further stimulating a variety of local economies and greater appreciation for people working in the food chain. Plus, the revenue generated is then reinvested to support other local businesses within the community.

➤ 8. Contributes globally

Contributes globally in the following ways:

- Reduction of food insecurity (by improving availability of food)
- Reduction of food waste (by mitigating loss due to transport, storage, refrigeration issues, etc.)
- Reduction of malnutrition (less pressure on resources for growing and distributing food to areas in need)
- Reduction of climate change (reduction of greenhouse gas emissions and use of natural resources)
- 9. Puts less pressure on land and water resources
- Sustainable eating promotes the welfare of the soil, waterways, ecological biodiversity, and wildlife.



How to Make Sustainable Food Choices?

- Reduce the amount of meat, fish and dairy you eat. Animal agriculture is an industry with one of the largest carbon footprints. You don't have to go full on vegan, just reduce the amount of meat and dairy you eat and up the veggies!
- Eating less meat and dairy means that you could spend a little extra on sustainably reared produce.
- Choose to eat foods that are in season. Seasonal foods haven't had to be artificially ripened and are less likely to have come from overseas.
- Likewise, foods that have been produced locally have fewer air miles.





How to Make Sustainable Food Choices?

- Reduce your food waste. Because why would you want to waste all that consciously produced food?!
- Reduce the amount of plastic that you use. Plastic only adds to the problems of sustainability as it's so energy intensive to make and recycle.
- Choose products that have been traded fairly.
- Grow your own herbs, fruit and vegetables. That way, you'll know exactly what's gone into producing them!
- Support our native wildlife and plant life, plant a bee friendly garden.







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