

## TRAINING FICHE

### 04. ENVIRONMENTAL IMPLICATIONS APPLIED TO FOOD

<i>Area</i>	Food										
<i>Level</i>	BASIC										
<i>Topic</i>	<table border="1"> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td>x</td><td>4. Environmental implications and impacts</td></tr> <tr><td></td><td></td></tr> </table>							x	4. Environmental implications and impacts		
x	4. Environmental implications and impacts										
<i>Module</i>	<table border="1"> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> <tr><td>x</td><td>Environmental sustainability in food</td></tr> <tr><td></td><td></td></tr> </table>							x	Environmental sustainability in food		
x	Environmental sustainability in food										
<b>Keywords</b>	Environmental footprint - Transport - Agriculture exploitation - Food waste - Sustainability - water consumption - land occupation - ecological agriculture										
<b>Introduction</b>	<p>More responsible food consumption is the most powerful tool at our disposal to counter the environmental footprint of the food industry, whose main damage comes from:</p> <ul style="list-style-type: none"> <li>• Deforestation</li> <li>• Biodiversity loss</li> <li>• Use of chemicals in agriculture</li> <li>• Meat and dairies production</li> <li>• Intensive fishing</li> </ul>										

	<ul style="list-style-type: none"> <li>• Food transport (especially by air)</li> <li>• Food waste</li> </ul> <p>As the food industry is the industry with the largest environmental footprint, responsible food consumption is crucial to ensure a more sustainable future for the next generations.</p>
<b>Impacts/Benefits</b>	<ul style="list-style-type: none"> <li>• <b>Deforestation</b> and the destruction of natural habitats and ecosystems to gain more land for agriculture endangers many wild species and contributes to global warming.</li> <li>• Heavy rains displace <b>artificial fertilisers</b>, which are absorbed by organisms and animals, and pollute soil, water and entire ecosystems.</li> <li>• Almost half of agricultural production is used to feed farm animals, making <b>meat and dairies production</b> the main cause of deforestation and loss of biodiversity. Furthermore, in intensive livestock farming, the huge amount of manure produced cannot be 'absorbed' by the surrounding environment, resulting in high emissions of methane gas.</li> <li>• There is a dangerous over-exploitation of the better-known species of <b>fish</b>.</li> <li>• <b>Transporting</b> food by air to countries where it cannot be grown or is not in season uses a huge amount of fossil fuels, whose emissions are very harmful to the environment.</li> <li>• 1/3 of the world's production is <b>wasted</b> during the production chain and this is particularly harmful because of unnecessarily wasted resources.</li> </ul> <p>Therefore, responsible consumption in this area contributes in several ways:</p> <ul style="list-style-type: none"> <li>• Consuming <b>critically</b>: Buying food with attention to the quantities of what we buy reduces food waste and thus the resources used for food production.</li> <li>• Consuming <b>less</b>: not in general, but some specific products, such as meat, fish, dairies and processed foods.</li> </ul>

	<ul style="list-style-type: none"> <li>• Consuming <b>better</b>: Buying organic allows you to protect the environment from the serious damage caused by the application of chemicals.</li> <li>• Consuming <b>local</b>: buying local is also about helping to reduce gas emissions.</li> </ul>
<b>Good practices</b>	<p>The best way to eat sustainably and reduce one's environmental footprint is to take from nature what it can offer us without exploiting it. This is the principle behind the work of James Wood, founder of <a href="#">Totally Wild Food</a>. The pickers of Totally Wild Food are experts in the ecosystems in which they work and only harvest small amounts of the wild food they find to allow the plants to regrow naturally. This makes it possible to trade high quality ingredients without exploiting farmland and with very few resources. In addition, James Wood and his team run cookery courses focusing on wild food and how to handle it.</p> <p>Another extremely sustainable brand that works to minimise its environmental footprint is <a href="#">Biona</a>. Biona started out almost 50 years ago as a small wholefoods shop and has since expanded to over 350 organic products. Their mission is to sell only organic food that has been processed as little as possible. Their headquarters are powered exclusively by renewable energy sources and more than half of their products are produced with clean energy. 93% of their packaging is recyclable and all ingredients are only imported by land or sea to reduce their carbon footprint.</p>
<b>Current and future challenges</b>	<p>To promote responsible food consumption, it is necessary to promote local consumption. Most people, however, do their food shopping in supermarkets. Although on the label of everything we buy it is written where it comes from, reading labels is still not a widespread habit. Consumers are faced with shelves full of every product throughout the year. For these reasons, in supermarkets the average consumer does not feel the passing of the seasons and does not ask</p>

	<p>themselves questions about where products are produced and how they are transported.</p> <p>Another particularly worrying aspect of food consumption is the widespread over-consumption of meat. As we have already seen, meat production is one of the most damaging to the environment, besides the fact that excessive consumption of meat, especially red meat, is highly inadvisable because it is not particularly healthy. There are already many brands that have found effective formulas to imitate meat both nutritionally and in terms of taste. These products can be good alternatives to replace meat a few times a week, especially for people who overconsume it. Unfortunately, however, they are not yet sufficiently well known, they are not affordable for everyone, and meat lovers are skeptical about trying such an imitation.</p>
<i>Language</i>	English
<i>Partner</i>	IWS
<b>Further references</b>	<p><a href="https://www.mapleridge.ca/1776/Food-Production#:~:text=Food%20waste%20produces%203.3%20billion,increase%2033%25%20to%2010%20billion.">https://www.mapleridge.ca/1776/Food-Production#:~:text=Food%20waste%20produces%203.3%20billion,increase%2033%25%20to%2010%20billion.</a></p> <p><a href="http://suscof.com/wp-content/uploads/2020/03/WP4-M5-THE-NEEDS-ANALYSIS.pdf">http://suscof.com/wp-content/uploads/2020/03/WP4-M5-THE-NEEDS-ANALYSIS.pdf</a></p>