

## Sustainable Food Worksheet

### ? Did You Know?

The global food system (from fertilizer manufacture to food storage and packaging) is responsible for up to one-third of all human-caused greenhouse gas emissions<sup>1</sup>. Of that third, 39% comes from livestock production, followed by fertilizer manufacture and refrigeration<sup>2</sup>. Food production is also a major cause of air and water

pollution, deforestation, and loss of biodiversity.

Consumers play an important role in determining the health of the planet we inhabit and the one our children will inherit. It's important for people to know where their food is coming from; how it was grown, raised, caught

and prepared. Knowledgeable consumers can make choices that support sustainable agriculture, the humane practices for raising poultry and livestock, and the responsible harvesting of seafood. We want people to buy from those whose conservation practices protect the health of the environment.



The amount of global food waste today is more than enough to feed the nearly 1 billion hungry people in the world!



## Sustainable Food Worksheet

📌 Take action! Check off these items in your household.

### > No Cost

- Learn as much as you can about food production. Informed decisions are often the best decisions.
- Eat in season. Produce that's in season is more affordable.
- Eat less meat. Meat production has a big eco-footprint and animals raised industrially often suffer poor living conditions. Eating less meat is an ethical decision that will also save you money.
- Minimize packaging of products. Buy bulk at the organic grocery store.
- Minimize food waste (see Green Calgary's worksheet for Food Waste).
- Compost your food scraps. Organic materials in the landfill contribute to methane production and leachate, but in a compost bin or worm bin will break down to produce nutrient rich compost you can use in the garden and in plant pots.
- Offer your yard (unused space) to a local SPIN farmer (small plot intensive farming) who will grow an incredible amount of food to sell at local grocers and farmers markets (often you will get a share of the produce as well!).



### > Low Cost

- Grow your own food! Either at home or join one of Calgary's many community gardens.
- Eat simply and eat at home. Dining out is a lot more expensive than cooking for yourself, leaving you with more money to spend on healthy, local and organic foods.
- Reduce food transportation and support a local farmer by shopping for locally grown. Check out the Alberta Farm Fresh Producers Association for a directory of local farms.
- Purchase food from a family farm (instead of large and/or foreign corporations). Supporting farmers running local businesses ensures food security in our region and contributes to the local economy.
- Purchase foods that were organically grown. The land, water, and air are contaminated from fertilizers and pesticides used on conventional farms. Improve your health and the health of the planet by shopping organic.
- Purchase foods that are fair trade. Fair trade products like coffee and chocolate ensure that the farmers who produced them earn a fair wage, work fair hours, in good working conditions and get a good price for their product.
- Purchase foods from a local grocer (instead of large and/or foreign corporations). Supporting local businesses contributes to the local economy.
- Start an organic food buying cooperative. Purchasing organic and fair trade foods in bulk gets you a better price.
- Pick your own local produce at one of Alberta's many U-Picks [www.pickyourown.org](http://www.pickyourown.org).
- Choose produce that adheres to the Environmental Working Group's Dirty Dozen and Clean Fifteen.

### > Investment

- Choose "LEAF" certified restaurants when you dine out [www.leafme.ca](http://www.leafme.ca).
- 1. **One-third of our greenhouse gas emissions come from agriculture. (2012).** Retrieved October 24, 2014 from <http://www.nature.com/news/one-third-of-our-greenhouse-gas-emissions-come-from-agriculture-1.11708>
- 2. **Agriculture's greenhouse gas emissions on the rise. (2014).** Retrieved October 24, 2014 from <http://www.fao.org/news/story/en/item/216137/icode/>



[www.greencalgary.org](http://www.greencalgary.org)

100, 301-14th St NW Calgary, AB, T2N 2A1  
403-230 1443 ex 222 | [info@greencalgary.org](mailto:info@greencalgary.org)

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