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Erasmus+ KA152 - YOU - Mobility of young people
Progetto d'interscambio Val Seriana - Madrid



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AGENZIA
NAZIONALE
PER I GIOVANI

HOW MUCH DOES WHAT I EAT REALLY MATTER TO THE PLANET?

DOES IT REALLY MAKE A DIFFERENCE TO SOMETHING AS HUGE AS GLOBAL WARMING?



About 25% of the climate change problems we are witnessing can be attributed to food and what we choose to eat on a daily basis

"UN IPCC Fifth Assessment Report 2014"

What we eat impacts more than twice as much on pollution and global warming than machines.

Every food, in order to be produced, has a cost in terms of CO2 emissions, water use and land use.

These things are called:

- CARBON FOOTPRINT
- WATER FOOTPRINT
- LAND USE



CARBON FOOTPRINT

330g CO₂

to produce a beef steak

which is like driving the car for
almost 10 kilometres

58g CO₂

To produce a chicken
breast

40g CO₂

To produce a piece of
fish

14g CO₂

To produce a serving of
vegetables

2g CO₂

To produce a serving of
lentils.



Animal farming in general produces 14% of global greenhouse gas emissions in one year.

The same amount that all means of transport in the world produce: all the cars, trucks, planes, trains, ships in the world together.



Raising cows alone produces twice as much gas as all air travel in the world in one year

With the grain used to feed intensively farmed animals, 3.5 billion people could be fed.

Water footprint



The water footprint of this industry is also very high.

3000 litres of drinking water for a single kilo of meat.

Enough to take a shower a day for three months.

Land use



Furthermore, meat production requires an enormous amount of space:

30,000,000 square kilometres,

Which is the size of the entire African continent.

Not all the meet is produced in the same way

There are farms that try to be sustainable

They use land and resources in a way that ensures the sustainability of their initiatives.

It is important to know if there are any such farms in your area.

The fact is that, globally, meat consumption is very high.

The United States is in the lead, with around 100 kg of meat per person per year, followed by Canada and Europe, which consume around 75 kg per person per year, then Russia, China, Japan, Egypt, down to India, which consumes less than 5 kg per person in a year.

We don't have to be vegetarians

If we could lower our meat consumption, it would already help the planet a lot.

Studies show that reducing meat consumption by 90% is more important than eliminating meat from the diet altogether.



**Meat
consumption is
indeed an impact
on the
environment.
but it is also
relative.**

For example, buying an avocado grown in another country and transported by ship around the globe is worse than buying a steak from a local producer near our area, which does not require much transport.

It is therefore important to ask where the food we are eating comes from, how it was produced, is it a product that requires a lot of resources to produce?

The simplest criterion is:

Reduce meat consumption as much as possible,

Try to consume food in season,

Try to consume food grown or produced in the area where we live,

Possibly by food transported or sold with minimal packaging.

Link and videos for further information

Climate Lab

Follow conservation scientist and UCLA visiting researcher M. Sanjayan as he explores surprising ways to change how we think and act about climate change. Produced by the...

University of California / Feb 15

Climate Lab | University of California



The Fifth Assessment Report of the IPCC | UNFCCC



Veganism could save the planet. Here's why. - YouTube



Can vegetarians save the planet? - YouTube



How a plant-based diet could change the world | Harina Bajaj | TEDxCanadianIntlSchool - YouTube



The diet that helps fight climate change - YouTube



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