

## Footprints...

The Integral Ecology Committee is tasked to focus on threats to Our Common Home and provide suggestions (tips) and a variety of resources to you over the upcoming months. Topics will include: Water, Plastics, Clothing, Chemicals, Paper, Food, and Transportation

### **In this issue:**

- **What Can I Do?**
- **I didn't know that!**
- **Resources**

## **Our Food Footprint**

*Consumers are responsible for most of the wasted food. The average household throws away approximately \$1,800 of food per year*

### **What Can I Do?**

- Switch to a plant-rich diet – with protein such as beans, chickpeas, lentils, nuts, and grains, and less saturated fats
- Buy in Smaller Quantities
- Store Food Properly
- Get Creative With Leftovers

### **I didn't know that!**

- Methane is released from livestock digestion and food waste in landfills.
- Nitrous oxide comes from the use of synthetic and organic fertilizers.
- Carbon dioxide emissions result from cutting down forests for farmland expansion, using fossil fuels for machinery, processing, and transport.

### **Resources**

#### **YouTube:**

- [Why beef is the worst food for the climate](#)
- [Re-Thinking Food: Transforming Food Systems for People and Planet | Frank Eyhorn - TED Talk](#)

#### **Websites:**

- [Earth Day Network](#)  
Educates on the vast impact of food systems, from emissions (food waste as the 3rd largest emitter) to deforestation, via campaigns like "Foodprints for the Future".
- [WWF \(World Wildlife Fund\)](#)  
Provides easy-to-digest guides and actions for making more sustainable food choices.

#### **Books:**

- [The Waste-Free Kitchen Handbook](#) by Dana Gunders
- [Waste: Uncovering the Global Food Scandal](#) by Tristram Stuart:

More from our Integral Ecology Committee very soon!