

## 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?

- Plan meals, store food properly, and compost scraps
- Choose products with less plastic packaging and use reusable bags and containers.
- Buy food locally and choose seasonal produce, as well as avoid air-imported foods and prioritize sustainably sourced seafood.

### I didn't know that!

- The livestock industry alone generates nearly 15% of all man-made greenhouse gas emissions
- Agriculture occupies a vast amount of land surface, which is the leading driver of habitat loss and biodiversity decline.
- Food loss and waste accounts for 8-10% of global emissions. In the U.S., food waste is the single most common material in landfills.

### Resources

#### YouTube:

- [Can we save our food by saving the soil](#)
- [Soil decay threatens food supply with 40% of arable land affected](#)

#### Websites:

- [World Resources Institute \(WRI\)](#): helping people and organizations reduce food's climate impact by promoting plant-rich diets.
- [Food Tank](#): A hub for news and analysis on sustainable food systems, featuring blogs and articles from various experts.

#### Books:

- [\*We Are the Weather: Saving the Planet Begins at Breakfast\*](#) by Jonathan Safran Foer
- [\*The Fate of Food: What We'll Eat in a Bigger, Hotter, Smarter World\*](#) by Amanda Little

More from our Integral Ecology Committee very soon!