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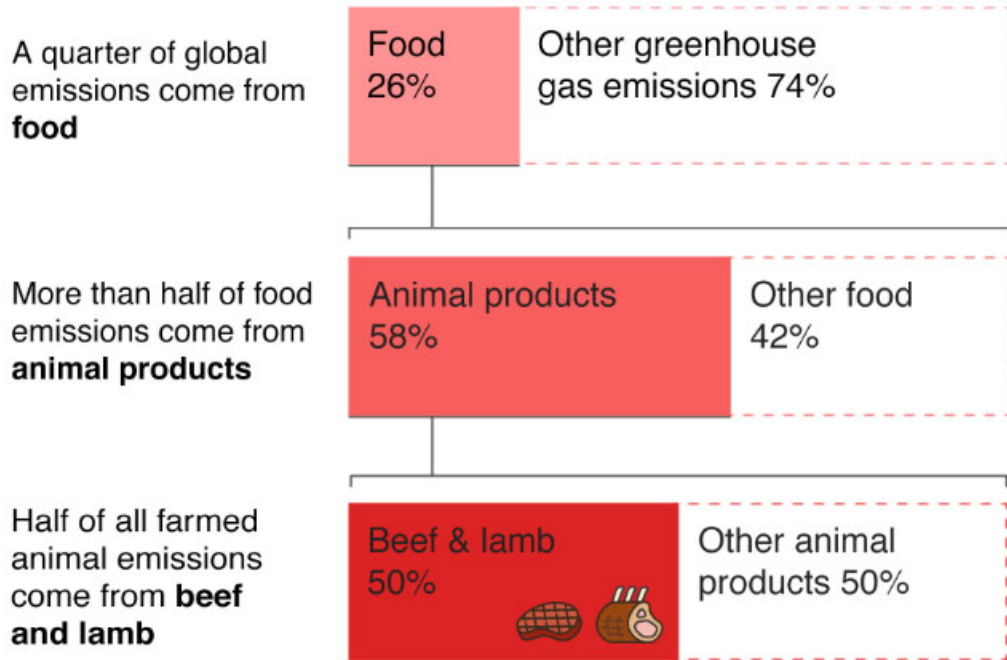
# CARBON FOOTPRINT CHALLENGE



*How much of an impact does it have on our **carbon footprint**?*

**Food production** is responsible for a **quarter** of all greenhouse gas emissions, contributing to global warming, according to a [University of Oxford study](#). However, the researchers found that the environmental impact of different foods varies hugely.

Their findings showed that **meat and other animal products are responsible for more than half of food-related greenhouse gas emissions**, despite providing only a fifth of the calories we eat and drink. <sup>2</sup>



Source: Poore & Nemecek (2018), Science

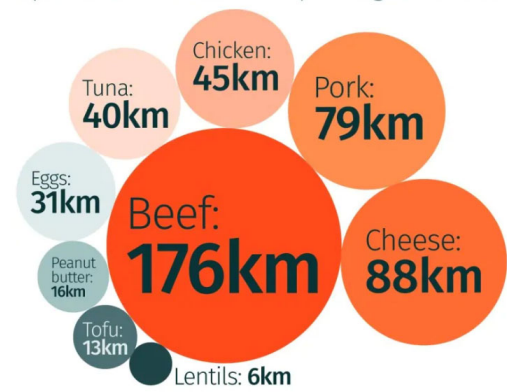


[Agriculture alone could raise the Earth's average temperature more than 1.5 C](#) above that in pre-industrial times. <sup>2</sup>

Plant-based protein is more sustainable to produce than animal protein; **greenhouse gas emissions and water usage are significantly lower when producing plant foods.** <sup>3</sup>

### Carbon emissions from food

Equivalent kilometres driven per kilogram of food\*

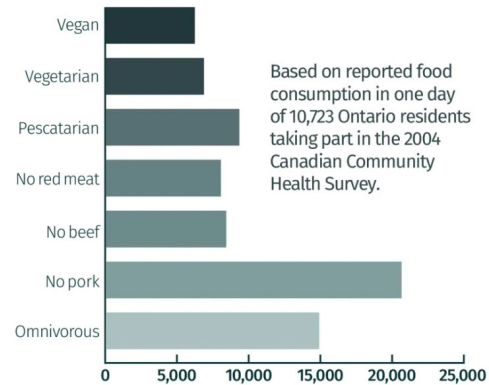


\*Assuming a Honda Civic sedan  
 CBC NEWS Source: Environmental Working Group

A vegetarian diet greatly reduces an individual's carbon footprint, but switching to less carbon intensive meats can have a major impact as well. For example, replacing all beef consumption with chicken for one year leads to an annual carbon footprint reduction of 882 pounds CO<sub>2</sub>e <sup>4</sup>

### Carbon footprint of diets

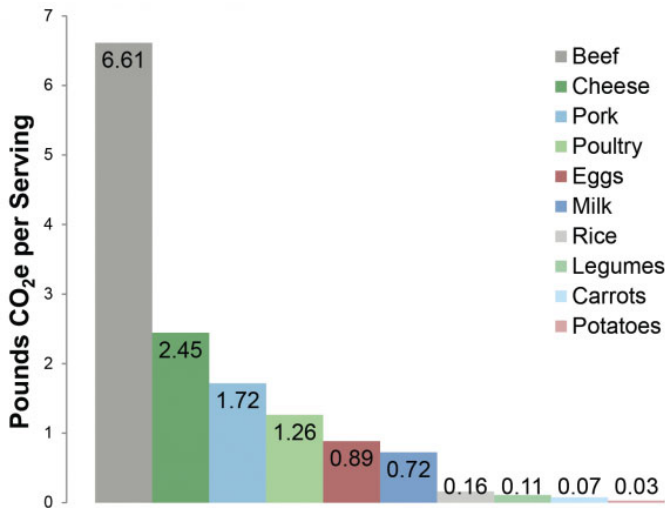
Equivalent kilometres driven per person per year\*



Based on reported food consumption in one day of 10,723 Ontario residents taking part in the 2004 Canadian Community Health Survey.

\*Assuming a Honda Civic sedan  
CBC NEWS

Source: A. Veeramani et al. (2017)



A seven-ounce steak = **50 kilometres** of car travel

A breakfast sandwich with bacon, sausage, and egg = **9 kilometers** of car travel <sup>2</sup>

Cutting meat and dairy products from your diet could reduce an individual's carbon footprint from food by **two-thirds**, according to the Oxford study, published in the journal Science.

Knowing how and where your food is produced is also important, as the same food can have huge differences in environmental impact. <sup>1</sup>

*Avoiding meat and dairy products is one of the **biggest** ways to reduce your environmental impact <sup>1</sup>, but even **switching to less carbon intensive meats** can have a major impact as well. For example, replacing all beef consumption with chicken can have a significant impact on your individual footprint. <sup>4</sup>*

## UBC & FOOD



UBC Sustainability: Wasted. A video series: Food.

## ***Sustainable eating on campus...***

### ***AMS Food and Beverage Outlets***

The AMS Food and Beverage Department is committed to providing healthy and sustainable food on campus. They support applied learning on food-related issues, reducing waste, and encouraging positive change through staff training, menu design, and various community events.

- [Learn about the food options located in the AMS Nest.](#)

### ***SPROUTS CAFE***

Sprouts is a 100% volunteer and student-run organization. Through many initiatives, Sprouts endeavors to make healthy, affordable, and sustainably produced food accessible to everyone on campus.

- Find Sprouts in the UBC Life Building (lower level) | 6138 Student Union Blvd.

### ***SEEDLINGS EATERY***

Seedlings specializes in raw, vegan, and healthy vegetarian cuisine all of which is organic, locally sourced whenever feasible, and fair-trade whenever applicable.

- Visit Seedlings Eatery at Thea Koerner House | 6371 Crescent Road

### ***AGORA CAFÉ***

Agora Café is a student volunteer-run, not-for-profit café located in the Faculty of Land and Food Systems. Agora Café provides affordable, accessible,

healthy, local and organic food choices for students, staff and faculty members while training volunteers in food service and business management.

- Find Agora Café in the H.R. Macmillan Building (lower level) | 2357 Main Mall

Find more about UBC's sustainable food initiatives and recommendations here:

[UBC Sustainability: Food](#)

## **5 WAYS TO TAKE ACTION!**

- 1** Waste less food
- 2** Prepare your own meals at home
- 3** Eat locally and seasonally
- 4** Eat less meat, dairy and eggs
- 5** Avoid greenhouse-grown veggies

*Resources and extra sources:*

- [EAT-Lancet Report](#)
- [How do your food choices impact on the environment? Calculator](#)
- [Eat Low Carbon Quiz](#)
- [Seasonal Availability for Vancouver Foods](#)
- [UBC Sustainability: Food](#)

Citations

1. <https://www.bbc.com/news/science-environment-46459714>
2. <https://www.cbc.ca/news/technology/food-climate-change-carbon-footprint-1.4930062>
3. <https://food.ubc.ca/benefits-of-plant-based-diet/>
4. <http://css.umich.edu/factsheets/carbon-footprint-factsheet>
5. <https://www.sustain.ucla.edu/our-initiatives/food-systems/the-case-for-plant-based/>



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