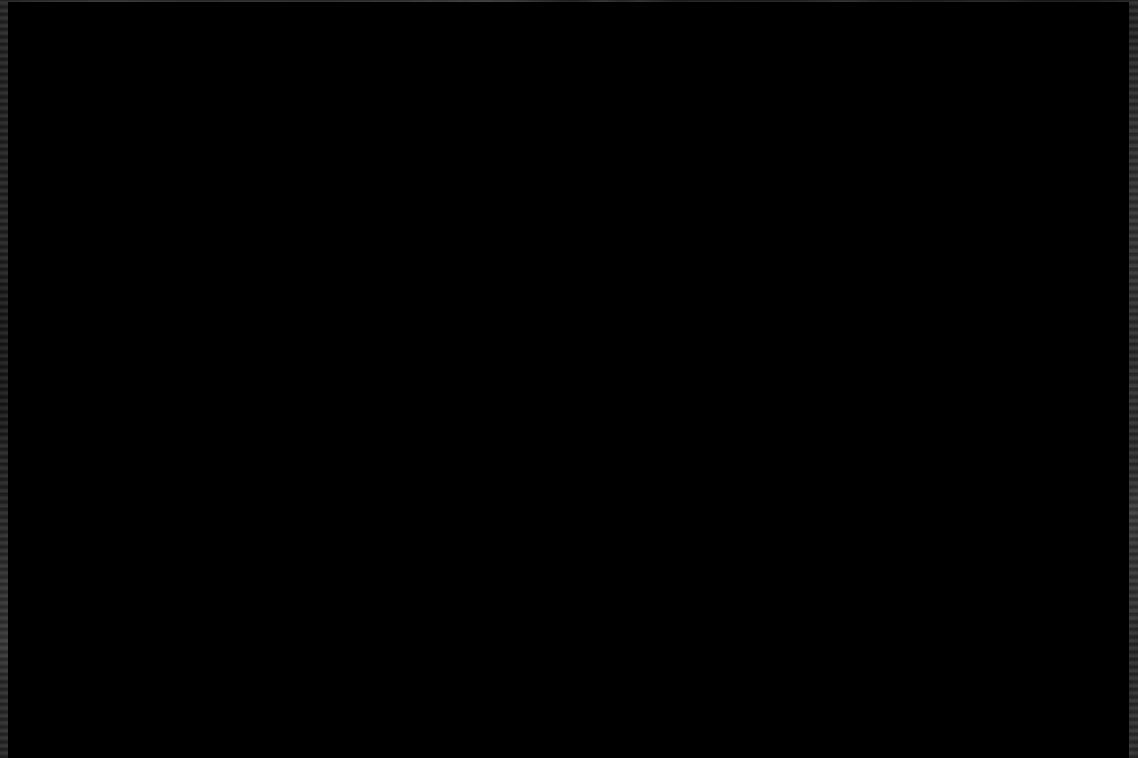


HOW TO REDUCE YOUR CARBON **FORK**PRINT

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League of Women Voters
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EATING OUT



EATING OUT

- Avoid “Take-out”
- Reuse Containers
- Recycle
 - Ask for containers that are easy to recycle
 - e.g., Aluminum Foil
- Reduce Waste
 - Take or ask for only what you need
 - Bring Your Own (utensils, containers)
 - “Shake the Habit” of plastic bags



"Shake the Habit"



EATING OUT - Statistics

- Waste stream has TRIPLED since 1960
 - Exactly in-line with the increase in eating-out vs. eating-in
- 15 Billion disposable coffee cups a year
- 44 Million Americans eat lunch out every weekday
 - Produces enough waste paper and plastic to circle the equator 300 times



Food Waste - Statistics

- According to USDA, Americans throw out more than 25% of all the food we produce
 - 25.9 Million tons
- In landfills this decomposing food produces methane
 - Methane is a greenhouse gas that is 23 times more potent than Carbon Dioxide
- To produce and distribute food that ultimately ends up in landfills, we use:
 - One quarter of our total Water consumption
 - More than 300 Million barrels of Oil
 - 4% of total US consumption



How to Reduce your Carbon Forkprint

- Eat-In
- Reduce, Reuse, Recycle
- Waste Less Food
- Compost
- Buy Local



Buy Local

- On average grocery store produce has traveled 1500 miles to get to your plate
 - Buying local produces 17 times less CO₂
- Other Reasons:
 - Locally grown food tastes better
 - Local produce is better for you
 - Local food preserves genetic diversity
 - Local food supports local farm families
 - Local food builds community
 - Local food keeps your taxes in check
 - Local food supports a clean environment and benefits wildlife



How to Reduce your Carbon Forkprint

- Eat-In
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- Buy Local
- Buy Organic



Buy Organic

- Organic produce and other ingredients are grown without:
 - Pesticides
 - Synthetic fertilizers
 - Sewage sludge
 - Genetically modified organisms
 - Ionizing radiation
- Animals that produce meat, poultry, eggs, and dairy products do not take antibiotics or growth hormones.



- As much as 40% of energy used in food production goes toward the production of fertilizers & pesticides
 - Buying organic uses less energy

How to Reduce your Carbon Forkprint

- Eat-In
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- Compost
- Buy Local
- Buy Organic
- “Eat Your Veggies”



Save the Planet... Eat Your Veggies

"Nothing will benefit human health and increase the chances of survival of life on earth as much as the evolution to a vegetarian diet." - Albert Einstein

- Meat industry contributes ~18% of all emissions of greenhouse gases
- In tracking food animal production from the feed through to the dinner table, the energy input to protein output range from a 4:1 ratio up to 54:1.
- A person existing chiefly on animal protein requires 10 times more land to provide adequate food than someone living on vegetable sources of protein.



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