



# ***FINDING YOUR FOODPRINT***

**An Educated Choices Program Guide**





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# DIET COMPARISON

## DIET COMPARISON



**PLANT-BASED**



**VEGETARIAN**



**PESCATARIAN**



**OMNIVORE**



**PLANT  
PRODUCTS**



**NON-MEAT  
ANIMAL  
PRODUCTS**



**FISH**



**MEAT**



**PROCESSED MEAT IS A CLASS-1  
CARCINOGEN THAT CAUSES CANCER**

"We have made progress in decreasing our consumption of unprocessed beef, pork, and lamb over the past two decades. But our intake of processed meat remains unchanged: sausage, hot dogs, and ham reign among the nation's most beloved processed meats."



Harvard Health  
Publishing  
HARVARD MEDICAL SCHOOL



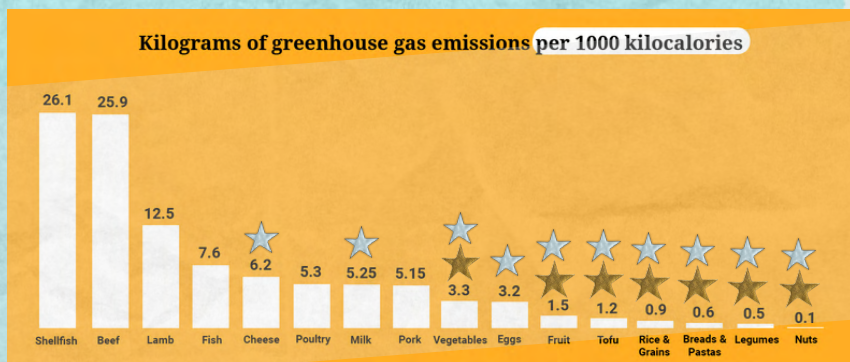
Calculate  
Your Dietary  
Footprint



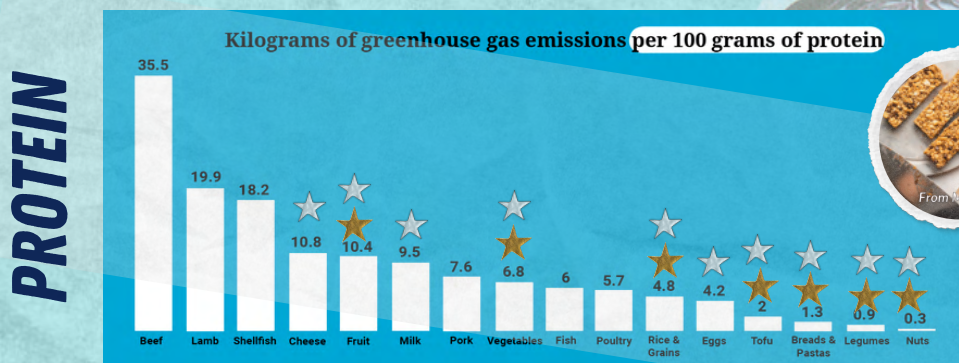
# DIET COMPARISON

# DIET COMPARISON

★ = PLANT-BASED   ★ = VEGETARIAN



**GALORIES**



**PROTEIN**

**LOW IMPACT SNACK!**



**"SWAP BEEF FOR BEANS TO SAVE 68KG OF GHGS!"**

**FACT: 70.6 KILOGRAMS OF GREENHOUSE GASES ARE EMITTED PER KILOGRAM OF BEEF, WHILE ONE KILOGRAM OF LEGUMES EMITS JUST 2 KILOGRAMS OF GREENHOUSE GASES.**

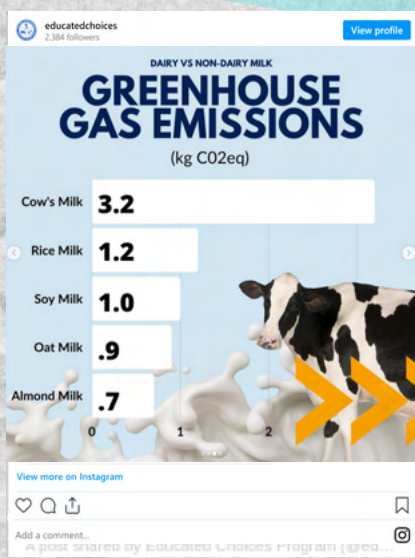
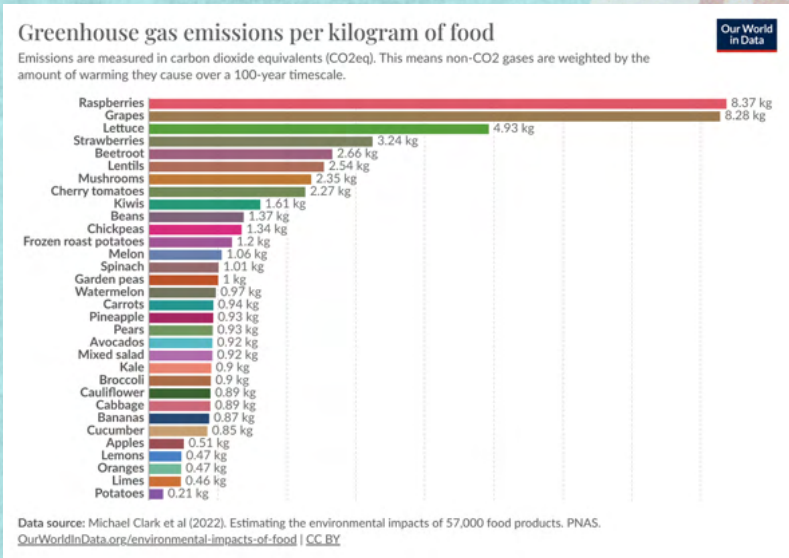
<https://www.un.org/en/climatechange/science/climate-issues/food>



# DIET COMPARISON

# DIET COMPARISON

## FRUIT & VEG



Find a detailed footprint of your favorite foods:  
<https://ourworldindata.org/environmental-impacts-of-food>

←

## THE DIFFERENCE BETWEEN DAIRY AND PLANT MILK IS INCREDIBLE!

Plant milk has a significantly lower environmental footprint, making it an excellent choice for the conscious consumer.

Swipe through to take a look at the greenhouse gas emissions, land use, and water use comparisons on our [Instagram](#).



# GLOBAL OUTLOOK

**WHILE ANIMAL AGRICULTURE IS A TOP USER OF FOOD SYSTEM'S RESOURCES, IT ALSO SUPPLIES LESS THAN A FIFTH OF THE GLOBAL CALORIE SUPPLY. \***

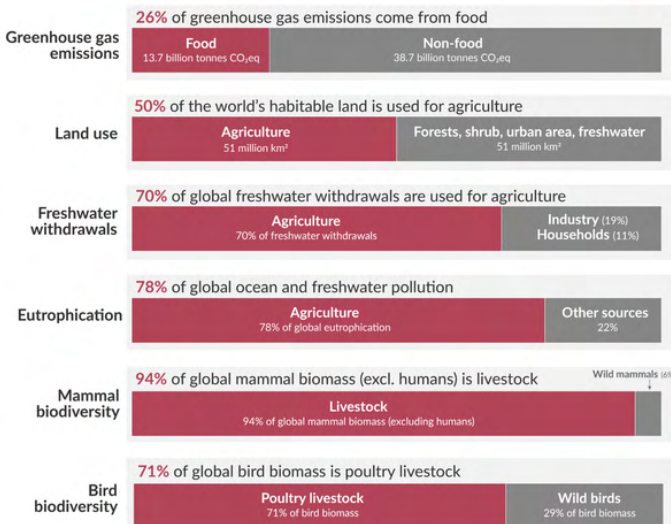
“To cut emissions in the food sector and improve health, we must swing the pendulum back in the other direction—reversing the shift towards diets high in animal source foods in higher-income countries and slowing or stopping its progression in lower-income countries while improving access to and affordability of nutritious foods for all, especially the most vulnerable.”



**HARVARD T.H. CHAN**  
SCHOOL OF PUBLIC HEALTH

## The environmental impacts of food and agriculture

Our World in Data



Data sources: Poore & Nemecek (2018); UN FAO; UN AQUASTAT; Bar-On et al. (2018).

Licensed under CC-BY by the author Hannah Ritchie

**AGRICULTURE USES HALF OF EARTH'S HABITABLE LAND!\***

- **75 percent** is used for livestock and their feed.
- **83 percent** of the global calorie supply comes from plant-based foods.
  - Such as rice, wheat, corn, nuts, beans, and other fruits and vegetables.



**FROM ECP & EWG'S "OUR CARBON FOOTPRINT"**



# THE GLOBAL EFFECTS

Anthropogenic GHG Emissions and Natural Climate Forcings

## ENVIRONMENTAL EFFECTS

- Changes in extreme weather
- Ecosystem effects
- Rising sea levels
- Environmental degradation

## AGRICULTURAL AND FOOD PROCESSING EFFECTS

- Changing livestock, fisheries, and crop yields and distributions
- Altered ecosystems in which food is produced and processed
- Altered use of pesticides, biocides, and fertilizers
- New crop and livestock breeds
- Changing food processing methods

## EFFECTS ON FOOD

- Altered food choice through changes in prices and availability, low-carbon diet choices
- Changes in food safety and the nutritional content of food

## HEALTH EFFECTS

- Changing incidence of infectious and noninfectious diseases

\*Changes in average climatic conditions and variability.

Arrow indicates cause and effect relationship



# MEAL INSPIRATION

## BREAKFAST

### OATMEAL

WITH WALNUTS, PEANUT BUTTER, FLAX SEEDS, BANANA, AND A SPRINKLE OF CINNAMON.

### BREAKFAST WRAP

A WHOLE-WHEAT TORTILLA WITH TOFU SCRAMBLE, BLACK BEANS, PEPPERS, ONIONS, AND A SPLASH OF HOT SAUCE OR SALSA.

### ENGLISH MUFFIN

WHOLE-WHEAT ENGLISH MUFFIN TOPPED WITH TEMPEH, FRESH TOMATO, AND AVOCADO SLICES. BLUEBERRIES ON THE SIDE.



The Plant-based School

CHICKPEA FRITTATA MUFFINS

## LUNCH

### GREEK SALAD

MIXED GREENS WITH LENTILS, TOMATOES, OLIVES, PARSLEY, EVOO, AND BALSAMIC VINEGAR, AND A WHOLE-WHEAT PITA ON THE SIDE.

### BAKED TOFU

TABBOULEH TOPPED WITH GRILLED TOFU. SIDE OF TOMATO SOUP TOPPED WITH BASIL, SPINACH, AND WHOLE-GRAIN CRACKERS.

### PIZZA

WHOLE WHEAT FLATBREAD TOPPED WITH CASHEW PESTO, TOMATOES, BROCCOLI, ONIONS, PEPPERS, MUSHROOMS, AND TOFU CRUMBLE.



Know Your Produce

CHICKPEA SALAD SANDWICH

## DINNER

### KABOBS

GRILLED VEGETABLE KABOBS WITH GRILLED TOFU, AND A QUINOA AND SPINACH SALAD.

### PASTA

WHOLE-WHEAT PASTA WITH SAUCE OF CHOICE, CANNELLINI BEANS, AND A SIDE OF ROASTED BRUSSEL SPROUTS.

### CHILI

VEGETARIAN CHILI WITH A VARIETY OF BEANS AND A SPINACH-ORZO SALAD.



Ellie Likes Cooking

SWEET AND SOUR "MEAT" BALLS



Find more meal inspiration alongside healthful eating and nutrition statistics and recommendations from leading health organizations with ECP's Lunch Packing Guide.

Visit [ecprogram.org/shareables](http://ecprogram.org/shareables)

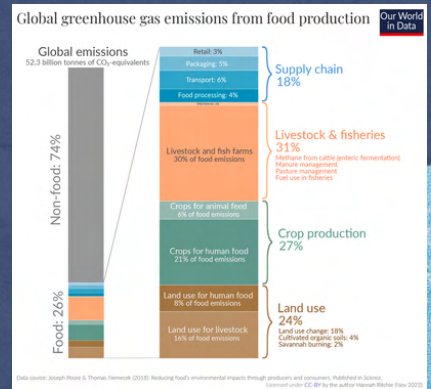


# ECO ALTERNATIVES

**“THE ADOPTION OF GREEN PACKAGING IS VITAL. THREE TYPES OF GREEN PACKAGING HAVE BEEN IDENTIFIED, NAMELY:**

- Reusable packaging, e.g., glass, which can be reused after cleaning.
- Recyclable packaging, e.g., paper which can be reprocessed and reused.
- Biodegradable packaging, e.g., cotton sacks, which can break down into the environment without causing damage.”

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7664184/>



Although packaging and transportation account for some of global greenhouse gas emissions, what we eat tends to make a bigger impact than how it's packaged and where it comes from.

**“A five-step waste management hierarchy was defined by the European Union (EU) Waste Framework Directive 2008/98/EC as shown in Figure 1. The hierarchy ranks the treatments of waste based on the ability to conserve resources, with the prevention or minimisation of waste being the most preferred route to follow into the future, and the disposal of waste being the worst-case scenario to be avoided at all costs.”**

**NIH** National Library of Medicine  
National Center for Biotechnology Information

← **LEAST EFFECTIVE**

**MOST EFFECTIVE**

1. PREVENTION

2. RE-USE

3. RECYCLING

4. RECOVERY

5. DISPOSAL



# ECO ALTERNATIVES

# ALTERNATIVES

## WHAT ABOUT FOOD WASTE?

"The Environmental Protection Agency provides the 'Food Recovery Hierarchy' - The most preferred at the top of the pyramid to the least preferred at the bottom to - outline ways to take care of excess food."

- **SOURCE REDUCTION: BEST CASE**
- **FEED HUNGRY PEOPLE**
- **FEED ANIMALS**
- **INDUSTRIAL USES**
- **COMPOSTING**
- **LANDFILL/INCINERATION: A LAST RESORT FOR UNUSED FOOD**

## SELF-REWARDING BENEFITS :

- **SAVE MONEY BY REDUCING OVER-PURCHASING**
- **REDUCE ENVIRONMENTAL IMPACTS**
- **SUPPORT EFFORTS TO ELIMINATE HUNGER**
- **REDUCE HEALTH AND ODOR CONCERNS WITH FOOD DISPOSAL**
- **SUPPORT COMMUNITY WASTE REDUCTION EFFORTS**
- **INCREASE TAX BENEFITS BY DONATING FOOD**

[https://epa.gov/sites/default/files/2015-08/documents/reducing\\_wasted\\_food\\_pkg\\_tool.pdf](https://epa.gov/sites/default/files/2015-08/documents/reducing_wasted_food_pkg_tool.pdf)





# RELATED OFFERINGS



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## EDUCATED CHOICES PROGRAM | 2023

