



Sustainable Food Course (1° edition)

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Where is the problem?

Production system

Consumption

How can diet help?

What does diet mean for you?

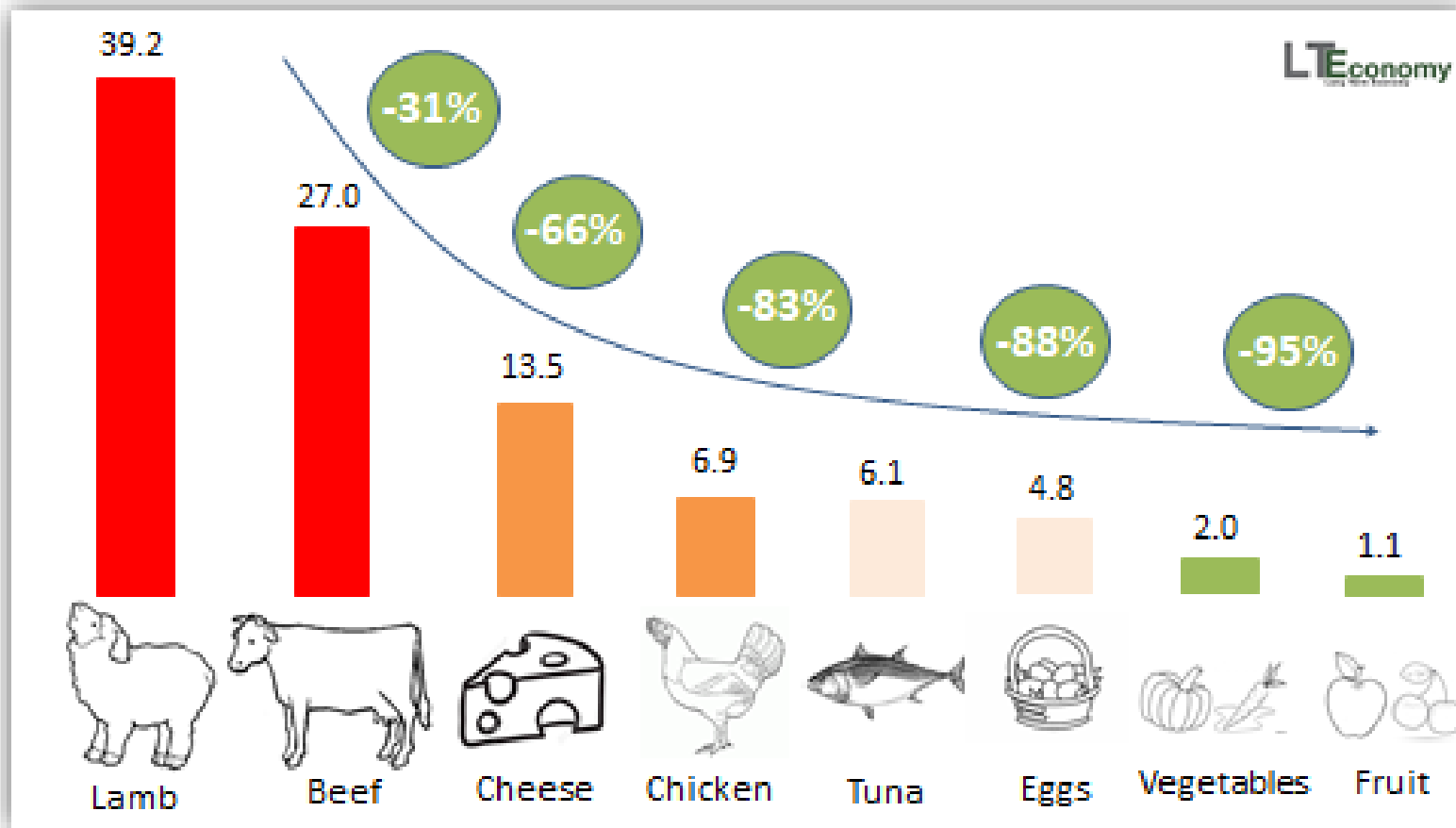
Find your 5 key words

Food impact

- 🌿 Carbon Footprint (GHG emissions)
- 🌿 Water Footprint (water consumption)
- 🌿 Soil Footprint (land use)

Carbon Footprint

Greenhouse gas emissions by one kilo of each food
(CO2 Kilos Equivalent)

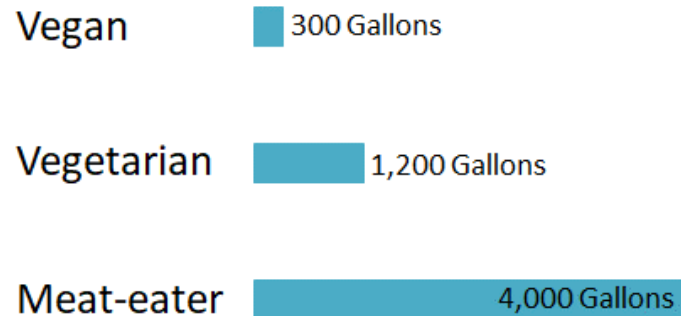


- **Livestock:** emissions estimate ranges from 20% to 50%
- **Vegetarian food:** cut from 60% to 95% greenhouse emissions compared to lamb.
- **Hypothesis:** 100% vegan population – at least between 20% and 50% emissions less.

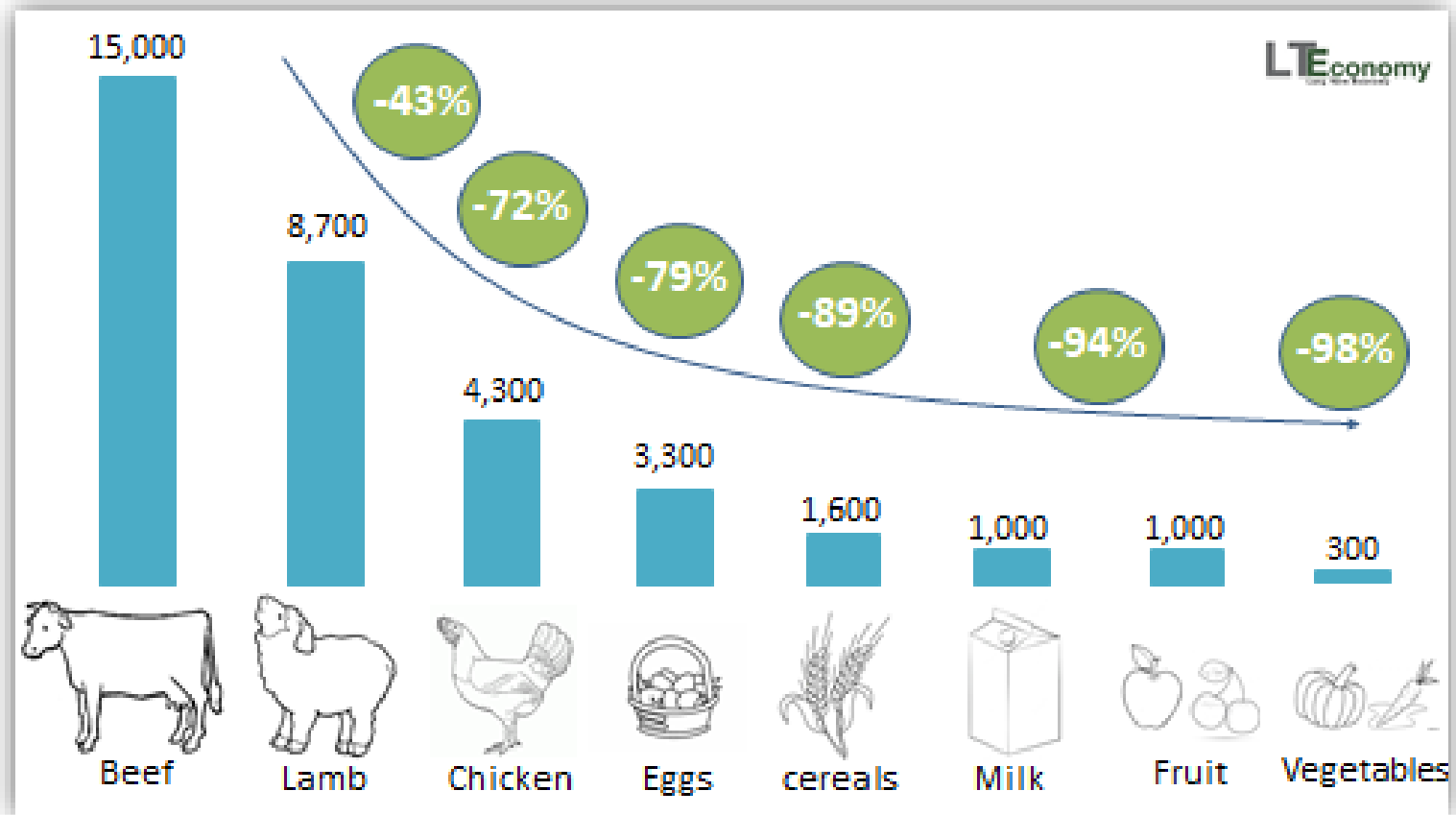
Source: LTEconomy on Environmental Working Group's Meat Eater's Guide

Water Footprint

- **A vegan diet:** consumes less than 10 times a meat-eater diet.
- **Vegetables:** producing 1 kg of vegetables uses 50 times less water than 1kg of beef.



The Water Footprint (litre/kg)

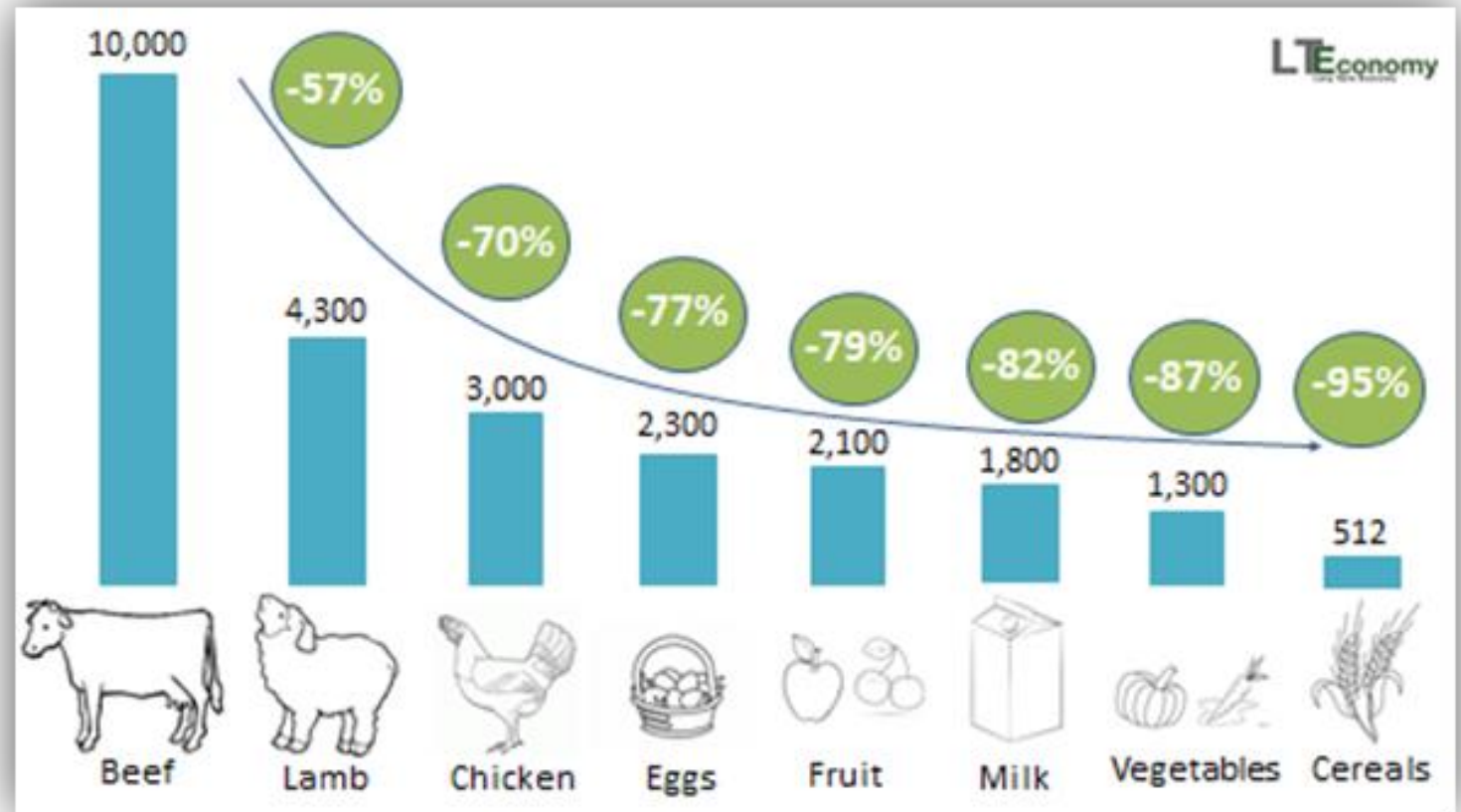


Source: LTEconomy on Ecosystems, A Global Assessment of the Water Footprint of Farm Animal Products (2012)

Water Footprint

- **Beef:** still at the top for Water Footprint.
- **Vegetables and cereals:** the ones with the lowest Water Footprint.

The Water Footprint (litre/1,000 kcal)

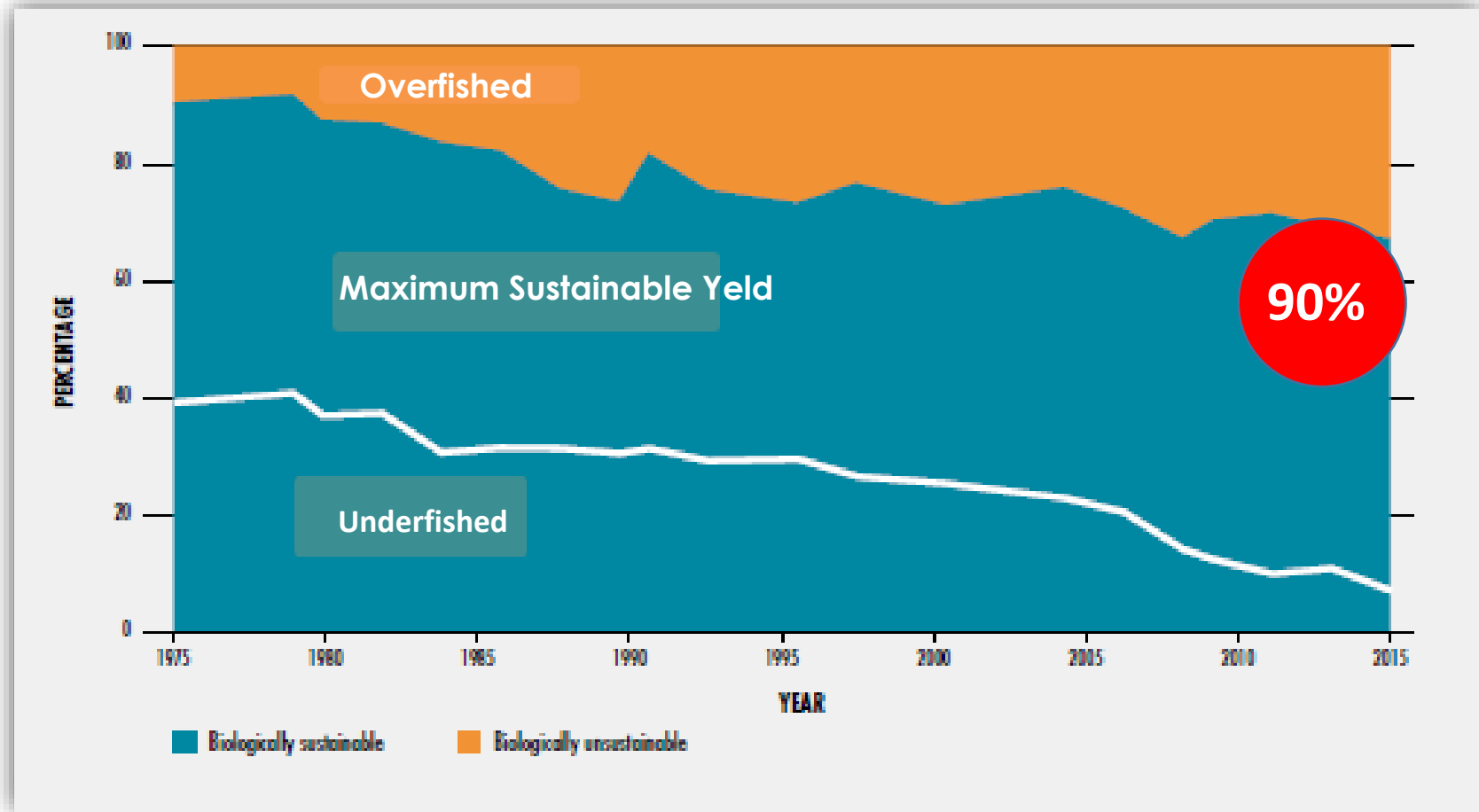


Source: LTEconomy on Ecosystems, A Global Assessment of the Water Footprint of Farm Animal Products (2012)

Overfishing

Global trends in the state of the world's marine fish stocks, 1974–2015

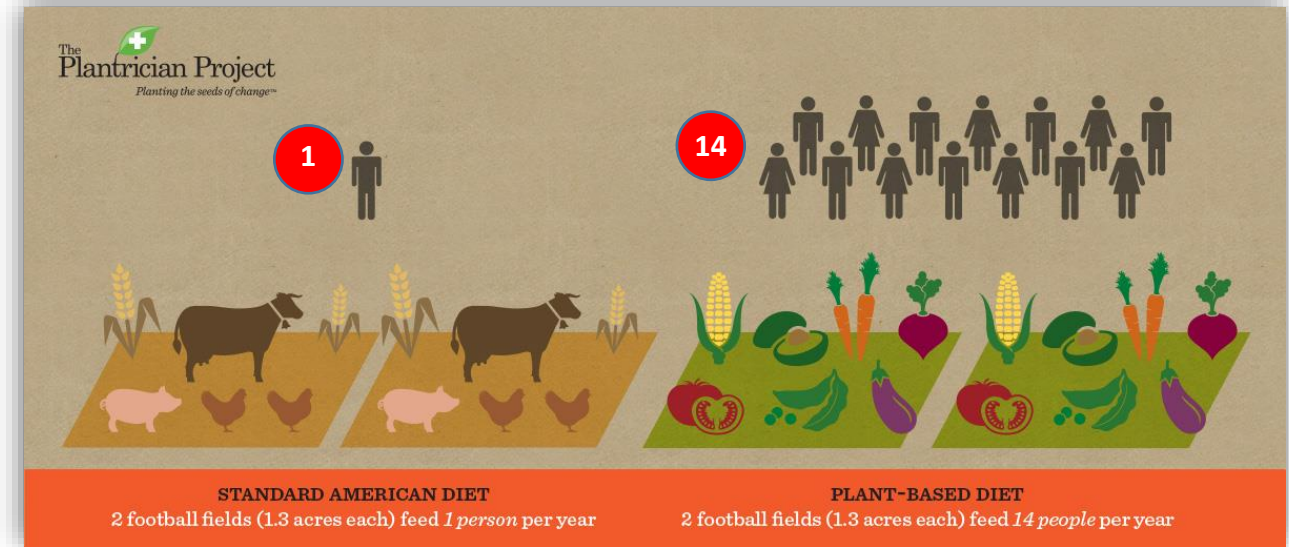
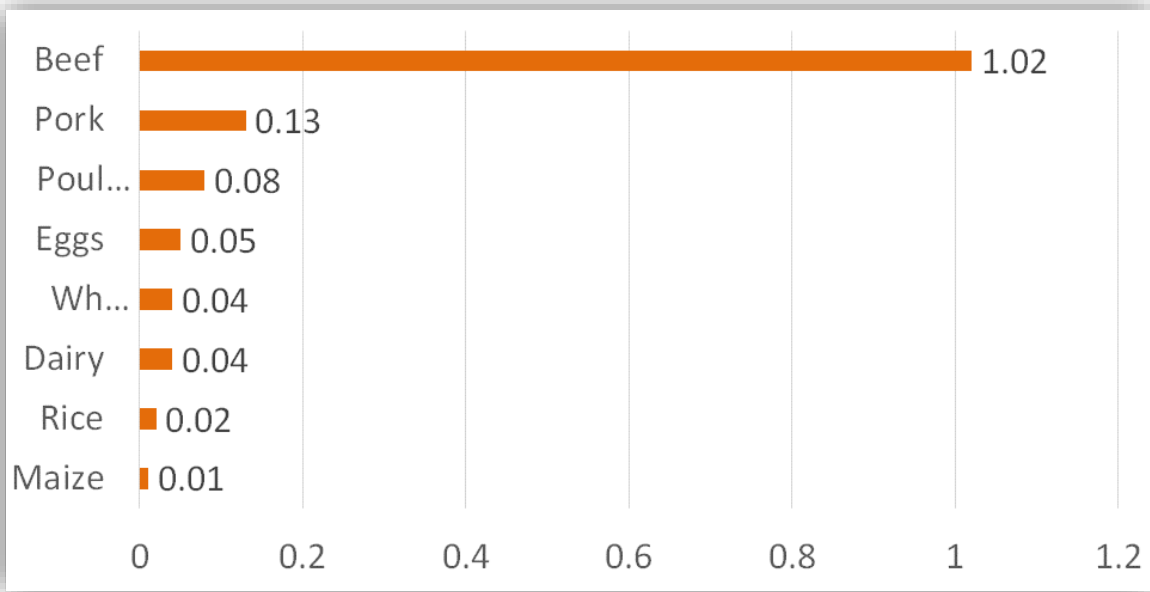
- **MSY:** the % of stocks fished within biologically sustainable levels. Used to measure progress towards the (SDGs) target for marine fisheries.
- **90%:** is the percentage of stock fishes over or fully exploited.
- **From 10% to 33% overfished:** percentage of stocks fished at biologically unsustainable levels increased from 10% in 1974 to 33.1% in 2015.



Source: The state of World Fisheries and Aquaculture)

Soil Footprint

Land use (m² per gram of protein)



Source: LTEconomy on Clark and Timann (2017)

- **Beef:** Land use footprint from 8 to 12 times higher than that of pork and poultry.
- **2 football fields:** for 1 person as well as 14 people. It depends on diet.

Which SDG is involved when we talk about diet?



Direct

Indirect

Let's build our Diet-Map together

Life

Education



Impact

Trade off