FEEDING PEOPLE IN A TIME OF CLIMATE CHANGE

Presentation by Lori Fontanes

Town Hall
Sustainable Port Chester Alliance
December 10, 2019
GOOD NEWS/BAD NEWS

Food Systems in a Heating World
Our Current Food System Doesn’t Feed People Very Well

Not sustainable:
- Health effects
- Waste and food insecurity
- Climate impacts
Age-adjusted Prevalence of Obesity and Diabetes

<table>
<thead>
<tr>
<th>Year</th>
<th>Obesity (BMI ≥30 kg/m²)</th>
<th>Diabetes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1994</td>
<td>No Data &lt;14.0%</td>
<td>14.0%–17.9%</td>
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<tr>
<td></td>
<td>18.0%–21.9%</td>
<td>22.0%–25.9%</td>
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<td></td>
<td>&gt;26.0%</td>
<td>26.0%–29.9%</td>
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</tbody>
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<tbody>
<tr>
<td>1994</td>
<td>No Data &lt;4.5%</td>
<td>4.5%–5.9%</td>
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<td>6.0%–7.4%</td>
<td>7.5%–8.9%</td>
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<td>≥9.0%</td>
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[Map images showing obesity and diabetes prevalence by state for 1994, 2000, and 2015]
System of Waste & Want

Food waste at every stage
- Growing
- Processing
- Distribution
- Consumption

Food insecurity & malnutrition
- Even in Westchester County
- No food or low quality food
Industrial Food Hurts the Planet

Scale is the problem

Markets demand overproduction

Convenience not climate-friendly

“fairy-tales of eternal economic growth”

Greta Thunberg

U.N. Climate Action Summit 2019
Junk Food is Destroying Borneo
Which is better?
Or this?
This? Or this?
Animals are not the enemy
Convenience is Killing Us

On-demand cheap foods in giant portions are climate-unfriendly for three main reasons:

- Ingredients
- Processing
- Transportation
EATING BETTER IN A TIME OF CLIMATE CHANGE

What we can do
Recipe for Saving the Planet

Feed Yourself

Feed Others

Feed the Earth
Eat Better for a Better World

- Cook More
- Less Processed
- Waste Less

Photo by Allison Silverman
Feed the Hungry, Not the Landfill

Businesses

Individuals

Organizations

Food insecure
Three Ways to Reduce Climate Harms

- Smart consumption
- Home composting
- Recycling programs
Good for People, Good for Planet