



SERVE THE PLANET 2018

Module 2: Study Circle Part 2

Energy Use in Daily Life: Food



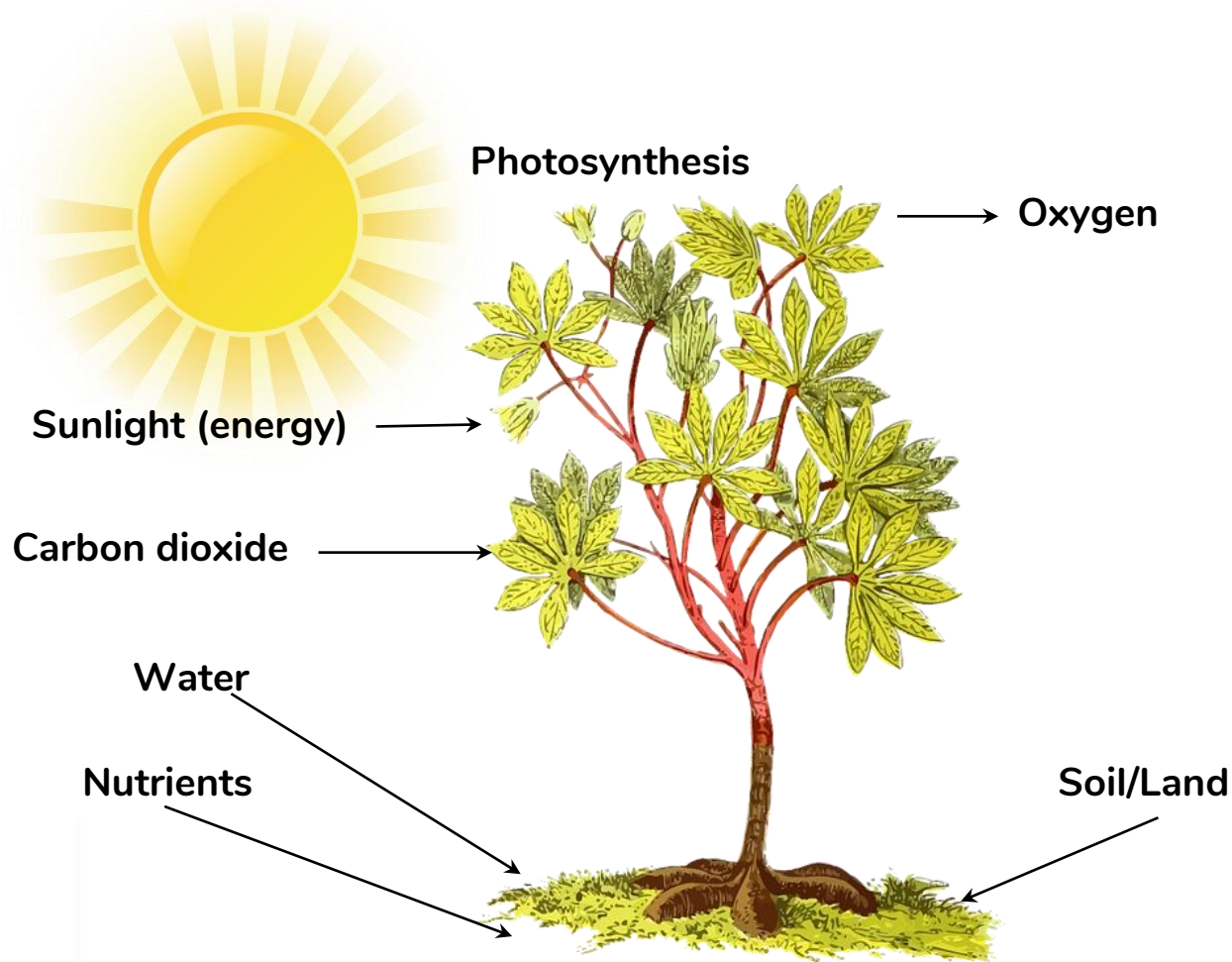
Outline

- ▶ Vital elements required for a plant growth
- ▶ Energy use in food supply system
- ▶ The environmental impact of energy consumption in the food supply system
- ▶ Food habits and impact on energy consumption and the environment
- ▶ 'Ceiling on Desires' and energy saving tips

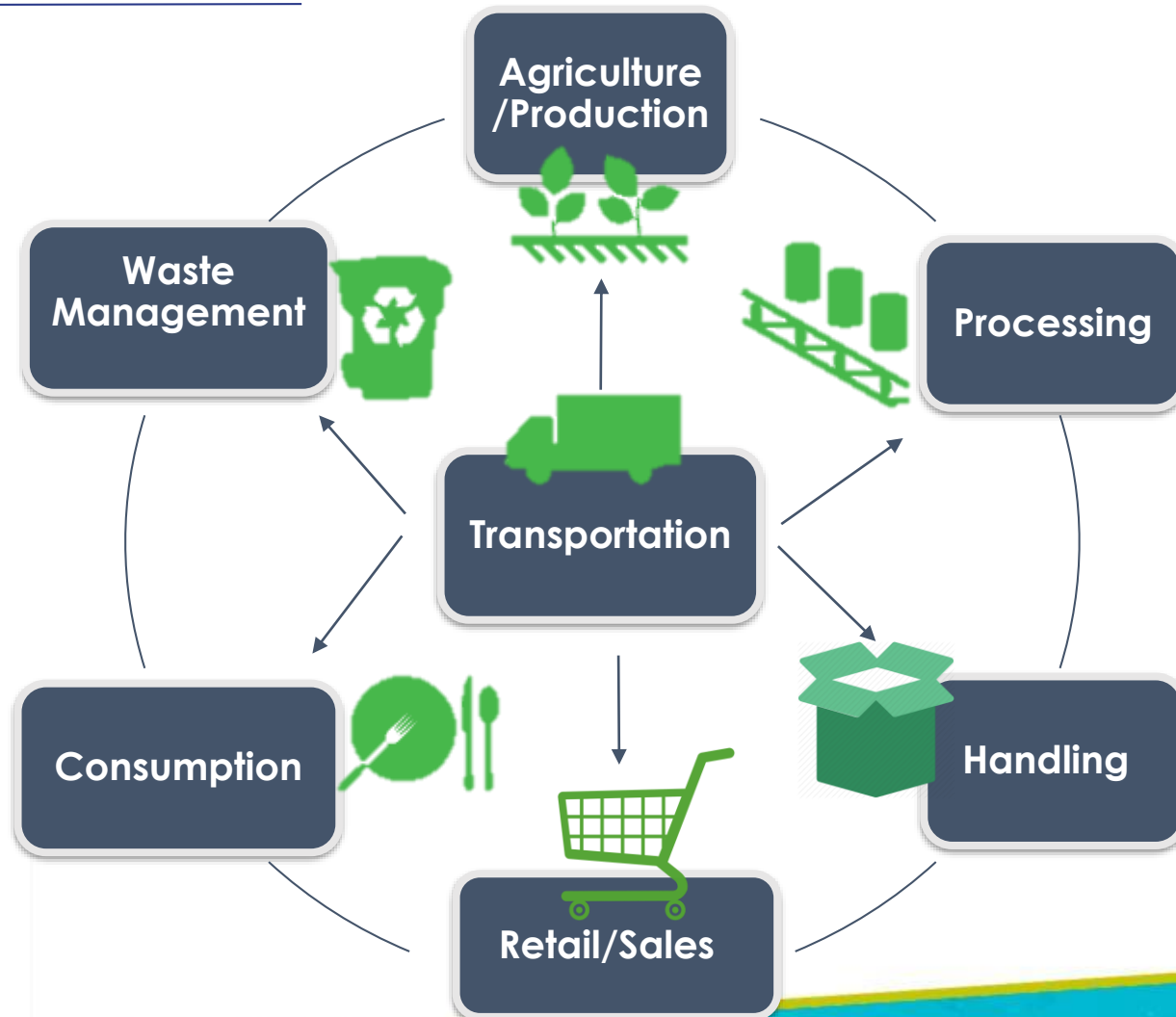
The purpose of this study circle is to help us to better understand how food production, processing, consumerism (food habits/choices) and disposal all contribute towards the consumption of energy use. Through this, we will navigate ways of conserving energy sources as well as mitigating environmental impacts.



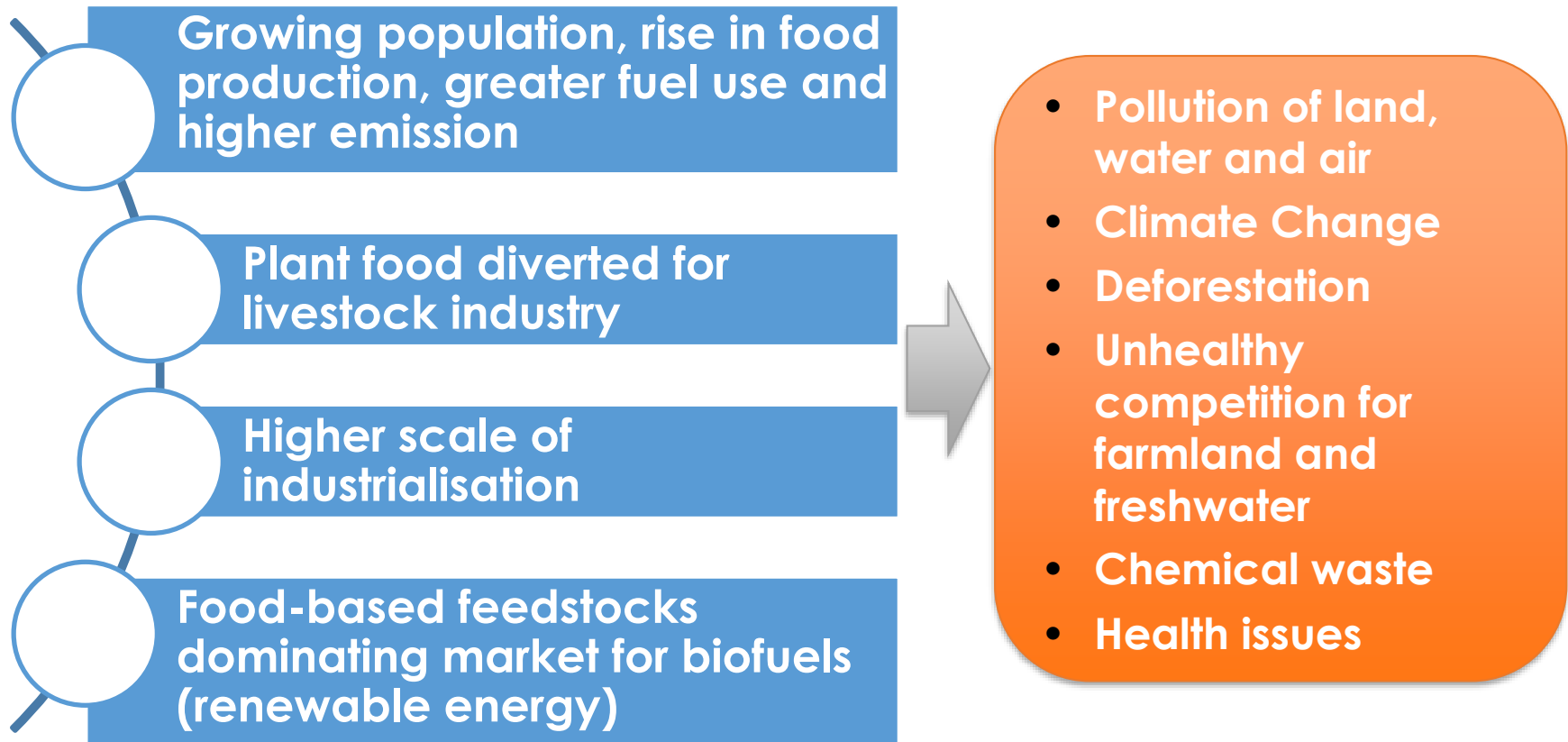
Elements required for plant growth



Energy use in food supply system



Environmental impact of food supply system



Food habits and energy saving



<https://www.youtube.com/watch?v=g1z1taw6yNw>

Video duration – 1 min 30 secs



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INTERNATIONAL YOUNG ADULTS COMMITTEE

Food habits and energy saving



The Greenhouse Gas impact of different types of diets per person and per year represented in car kilometers



Diet without meat and dairy products (= pure plant-based/vegan)

org. **281 km**

conv. **629 km**



Diet without meat, but with dairy products (vegetarian)

organic **1978 km**

conventional **2427 km**



Diet with meat and dairy products

organic **4377 km**

conventional **4758 km**

More about climate change on the Internet: www.vegetarismus.ch/knrv/index_en.htm



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Energy Saving Tips

Eat vegetarian food

Reduce dairy intake

Buy locally grown
and seasonal
products

Use your garden &
balcony to grow
vegetable

Grow an
environmentally
friendly garden

Avoid food waste

Compost organic
waste

Apply innovative
gardening/
agricultural
techniques



Recap

- ▶ The extent of energy used in the 'food sector'
- ▶ How this affects the environment
- ▶ How we can reduce our energy footprint through the food we eat
- ▶ Which foods can help us to serve Mother Earth



In **PART 3** of this study circle series, we will cover: **Transportation**

- ▶ Transportation and its evolution
- ▶ Modes, elements and energy sources
- ▶ The environmental impact of energy use in transportation
- ▶ Transportation and energy saving
- ▶ 'Ceiling on Desires' and energy saving tips

