

SUSTAINABLE CONSUMPTION: Reducing Your Foodprints



A Presentation by ACEP



UNDERSTANDING SUSTAINABLE CONSUMPTION

In 1994, at the Oslo symposium, sustainable consumption was defined as “the use of goods and services that respond to basic needs and bring a better quality of life, while minimising the use of natural resources, toxic materials and emissions of waste and pollutants over the life cycle, so as not to jeopardise the needs of future generations”



UNDERSTANDING SUSTAINABLE CONSUMPTION

The basic emphasis of Sustainable Consumption are:

- ✓ Quality of life
- ✓ Minimisation of waste and pollution
- ✓ Use of renewable resources
- ✓ Protection and preservation of present and future generations



UNDERSTANDING SUSTAINABLE CONSUMPTION

In other words, sustainable consumption seeks to redress the following nagging questions:

- How does our consumption affect the quality of our lives and others?
- To what extent does our consumption generate wastes and pollution to the environment?
- Are the sources of our consumption renewable?
- What will be the impacts of our consumption on our environment and the society 20 years from now?



FOODPRINTS AND FUTURE PITS

Major areas of challenge in sustainable consumption are:

- Transportation
- Energy for home and business use
- Wanton exploitation of natural resources
- Waste and pollution generation
- Food Consumption

We shall zero in on Food Consumption



FOODPRINTS AND FUTURE PITS

Food Production and Consumption

According to the Danish Environmental Protection Agency report 2002, across the EU25, food and drink production and consumption is one of the highest contributors to environmental impact: about one third of households' total environmental impacts can be related to food and drink consumption



FOODPRINTS AND FUTURE PITS

Again, the European Environment Agency, in a report in 2005 states:

“Direct negative environmental effects of food and drink consumption are on an upward trend (i.e. travel to shops, storing and cooking, waste)”



FOODPRINTS AND FUTURE PITS

Our **foodprints**, the implications of our present consumption pattern, may become future pits if not checked. But then;

**WHAT AND HOW DO WE SABOTAGE OUR FUTURE
BY OUR CONSUMPTION?**



FOODPRINTS AS FUTURE PITS: UNSUSTAINABLE CONSUMPTION PATTERN

Under Consumption and Over Consumption

Under-consumption, hitherto unknown in our culture has become a concern. For various reasons including taking part in beauty pageants, appearing fashionable, keeping their spouses and attracting the opposite sex, people now starve themselves in order to appear fit. This is self-delusion, and very unhealthy.



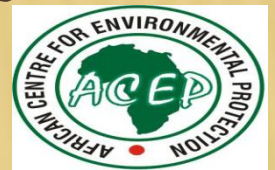
FOODPRINTS AS FUTURE PITS: UNSUSTAINABLE CONSUMPTION PATTERN

According to UNEP (The critical role of global food consumption patterns in achieving sustainable food systems and food for all,2012), there exists a clear trend towards over-consumption across the developed and developing worlds. This has inevitably led to obesity even in sub-saharan Africa, where most of the world's hungry lives. There are now more overweight and obese people than underweight or malnourished in the world ([Popkin 2006](#))



FOODPRINTS AS FUTURE PITS: UNSUSTAINABLE CONSUMPTION PATTERN

Both under-consumption and over-consumption have serious impact on health and public health expenditure. Over-consumption leads to obesity which is associated with many chronic diseases such as diabetes, heart disease, hypertension and some forms of cancer. Also, there is huge economic loss in form of low productivity as a result of obesity-related concerns.



FOODPRINTS AS FUTURE PITS: UNSUSTAINABLE CONSUMPTION PATTERN

Food Waste

This trend which was alien to us in sub-saharan Africa is now becoming a major challenge. How many of us here eat our food completely without left-overs? There is even a very wrong saying now that except there are left-overs you are not really full.



Food wasted carries direct economic and environmental costs. For instant, waste disposal is a very expensive venture to government, let alone the landfills use which is a significant source of methane emissions – a green gas. There are other direct economic and environmental costs; transportation, the fuel and other resources used in the production of the wasted food.

“The water and energy embedded in lost and wasted food represented 25% of total water use and 4% of total energy use in the US in 2004 “ - Hall et al, 2009



FOODPRINTS AS FUTURE PITS: UNSUSTAINABLE CONSUMPTION PATTERN

Where We Buy Our Foods

We indirectly leave huge foodprints by whom we choose to patronize. Many processed food manufacturer use packaging that are not environmentally friendly; others use legal but unethical practises to obtain raw food; yet others obtain raw food from sources that are not renewable. By patronizing them we keep them in business and encourage the depletion of the earth resources and at the same time destroy the environment.



REDUCING OUR FOODPRINTS

Over-consumption of Processed Food

With the fast-paced living of the cities many people have come to depend on processed food for their daily nutrition needs. Why they may appear to be convenient, many health inconveniences have been traced to them. Four of the top ten chronic diseases that kill most of us – “can be traced directly to the industrialization of our food” according to Michael Pollan, an American author of “In Defence of Food”.



REDUCING OUR FOODPRINTS

Besides the health hazards, the production of these processed foods are constitute a large source of waste.



Processed Foods have taken over the dining table of many families



REDUCING OUR FOODPRINTS



HOW DO WE REDUCE OUR FOODPRINTS?



REDUCING OUR FOODPRINTS

- ✓ Switch back to diet with lower environmental and social impacts. No food fit the description better than **natural foods**



REDUCING OUR FOODPRINTS

- ✓ Get Serious about right-sizing. Eat to live not live to eat. Over-consumption impacts negatively on the economy, the environment and on **YOU**.



REDUCING OUR FOODPRINTS

- ✓ Ensure less waste at home. Fix broken faucets and pipes, stop running water and cook food you can eat.
- ✓ increase your consumption of organic food and drinks.
- ✓ Switch to more seasonal and local food. Foreign food tend to be processed for longer life.



REDUCING OUR FOOTPRINTS

- ✓ Patronize only manufacturers who employs environmentally and socially friendly processes and material, and don't forget to use them!



Buy and use 100% organic packaging materials only

- ✓ Most importantly, Teach Others!



CONCLUSION

In conclusion, the UNEP slogan for the World Environment Day aptly captures the summary of this presentation:

THINK.EAT.SAVE



THANK YOU

