



Food and Climate Change

For people who want to eat sustainably

By

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Global Emissions

The bigger picture

- The world's most important dependence on fossil fuels is their direct and indirect use in the production of our food.
- One quarter $\frac{1}{4}$ of global emissions come from food.
- To put that into perspective, global emissions from transport is 7%.
- You can make a bigger impact by changing your diet than by changing your car to electric.




According to the 'Food and Agriculture Organisation of the United Nations, the world loses:

- Almost half of all root crops, fruits, and vegetables
- A third of all fish
- A third of all cereals
- 20% of all meat and dairy
- This equates to 1/3 of all global food supply going to waste before it arrives at the supermarkets.





The UK's 'Waste and Resource Action Programme'

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- States that inedible household food waste [including fruit and vegetable peelings and bones] is only 30% of the total UK food waste
 - Meaning 70% of wasted food was edible.
 - From our experience as a school caterer, the waste bin in the dining area is a big culprit of food waste.

6 Kilo Grams:

- On average each person in the world causes 6 kilos of emissions every day because of the food they eat.
- By 2030 we need to halve our emissions, which would mean the average person reducing their food emissions to 3 kilos per day.

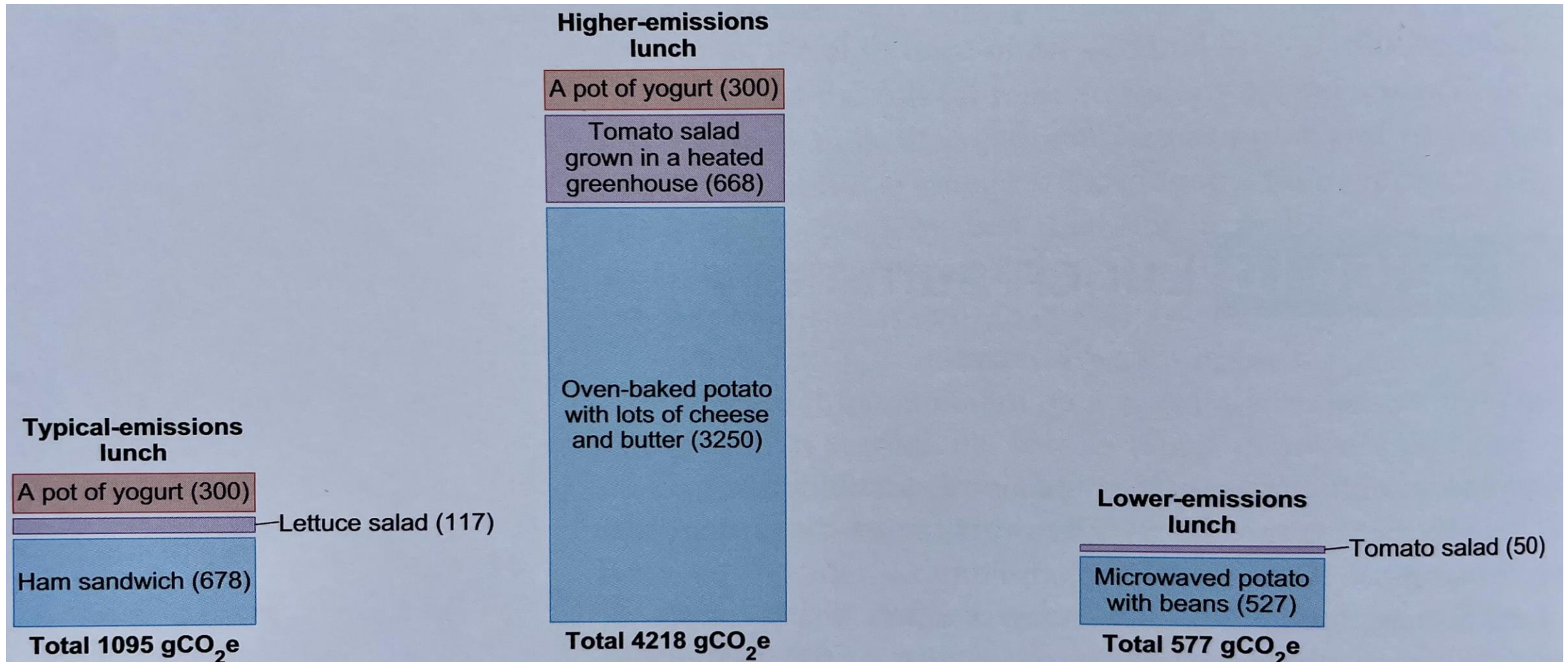


A quick question for you

How many grams of CO_2 do you think your last meal contributed to climate change?



Lunch time Emissions





What is Fresha doing about
providing good food,
employment opportunities
and education about the
impact of food on our lives
and our planet.





We are helping our customers reduce their climate impact through their diet by:

- Reducing beef on our menus. 1kg of beef produces more than 20kg of CO₂. Beef produces over 100 times more carbon emissions than cabbage per kg.
- Reduced the number of dairy products.
- Included more plant-based products.
- Used more food that is in season.
- Reduced our waste in our kitchens and our customers plates [not very successfully in schools].

What else is Fresha doing?

- Working with farmers / suppliers who practice regenerative farming. Together they deliver soil fertility, biology and structure, boost livestock health and encourage biodiversity.
- Rolling out traceability provenance records and engaging our other suppliers to increase their sustainability performance.
- Have worked with our packaging supplier, Planglow, purchasing labels, software and plant-based packaging for over ten years.
- Working with Leafe, whose software provides valuable insights into usage patterns and trends to optimise our ordering process and supplies on hand without overstocking, minimising waste.
- We use a 100% green energy supplier at our own kitchen.





DT lessons in schools

- We collaborate with suppliers FH Mann (fresh produce supplier) and Coastal Recycling (waste management).
- To deliver engaging school sessions raising awareness of key issues in food education such as food waste, recycling, production, sustainability and carbon emissions.

Locally

- Fresha is a member of the Devon Food Partnership
- <https://www.devonfoodpartnership.org.uk>
- Alongside Victoria, I am part of a team focusing on the provision of low carbon, nutritious meals to school children.



On a national level

Fresha has been at the forefront of discussions and inquiries regarding school meals, the National Food Strategy, local food chains and carbon footprints.

- <https://www.sustainweb.org>
- <http://www.laca.co.uk>
- <https://www.schoolfoodmatters.org>
- <https://nochildleftbehind.org.uk>
- My own weekly Linked-In posts



As you can see:

- We are reducing our environmental footprint through our food choices
- Transitioning to renewable energy
- Eliminating plastic waste across operations.
- We are aligning our efforts to key international frameworks.



Some key reminder points:



About a quarter of all greenhouse gas emissions come from food.



On average each person in the world causes 6 kilos of emissions every day because of the food they eat.



By 2030 we need to halve our emissions, which would mean the average person reducing their food emissions to 3 kilos per day.



What Can You Do?

- Reduce your daily food carbon output from 6kg to 3kg
- Eat less meat, especially beef
- Reduce your consumption of dairy products
- Change your diet to include more plant-based ingredients
- Eat food that is in season
- Eat fish that is caught in local waters
- Reduce your waste