

Welcome to our program!

As you wait please feel free to do the following:

- Make sure that your microphone is muted.
- Locate the chat feature.
- If you have any questions, please put them in the chat box.
- We invite everyone to turn their video on so we can have some face time together!

SUSTAINABLE LIVING SERIES

Five virtual lectures discussing sustainability programs and resources here at WashU St. Louis

THURSDAYS
4:30–5:15pm
Central Time

SEP 17 th	Waste
SEP 24 th	Food
OCT 1 st	Energy
OCT 8 th	Campus Tour
OCT 15 th	Transportation



SUSTAINABLE LIVING SERIES

#2 - *Food*

Why our food choices matter?

The WashU food system, programs and resources

The St. Louis food system, programs and resources

A few more tips for home practices



Sustainability
Washington University in St. Louis

Who we are



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7 full-time sustainability staff
and many more student associates!





Who are you?

Please respond to the Zoom poll that show up on your screen so we can get to know you a little bit more!

Why food matters?

"Food is everything we are. It's an extension of a nationalist feeling, ethnic feeling, your personal history, your province, your region, your tribe. Your grandma. It's inseparable from those from the get-go."

- Anthony Bourdain
chef, author, journalist, and traveler

Food System

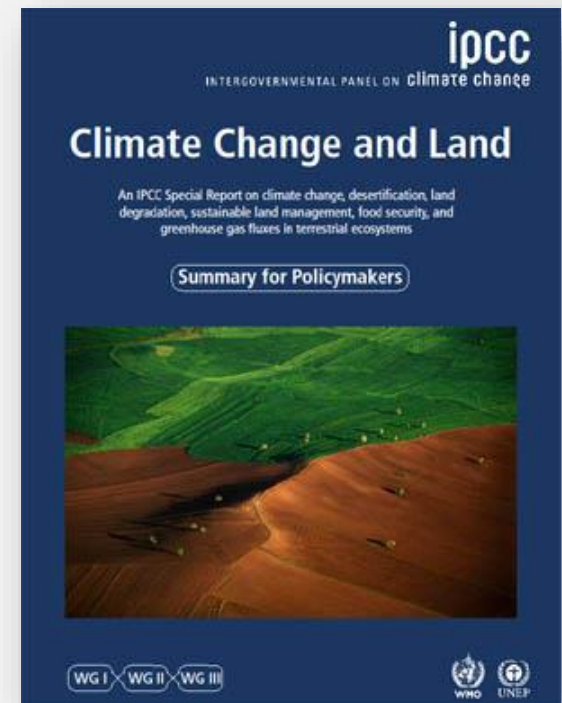


Climate Change

Food & Emissions

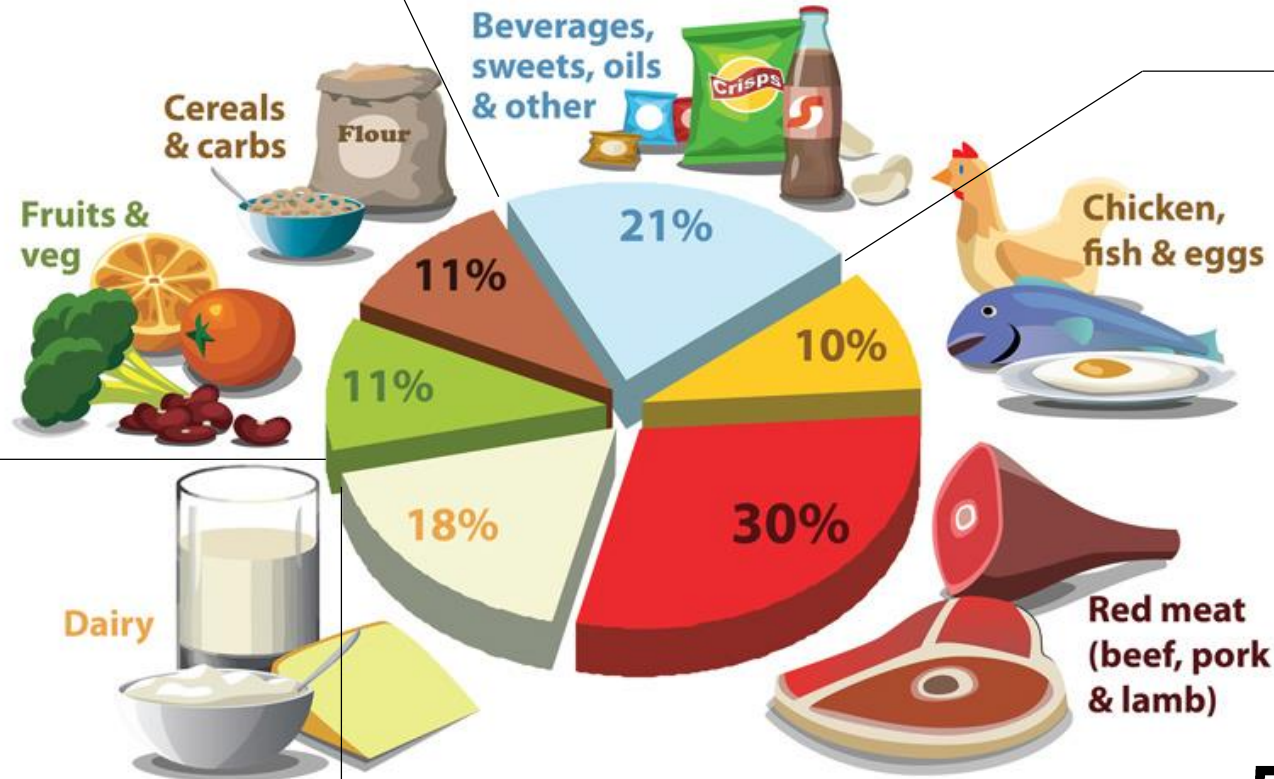
According to the Intergovernmental Panel on Climate Change (2018 special report on land and climate)...

21-37% of total Greenhouse Gas emissions are attributable to the global food system.



Food & Emissions

**22% due
to crops**



**58 % due to
livestock**

Source: Johns Hopkins Center for A Livable Future

What do the experts say?

- UNFCCC
 - *"A radical transformation of the global food system is urgently needed"* - UN SDGs, Paris Climate Agreement
- EAT Lancet Report
 - *"Diet, human health, and environmental sustainability are inextricably linked."*



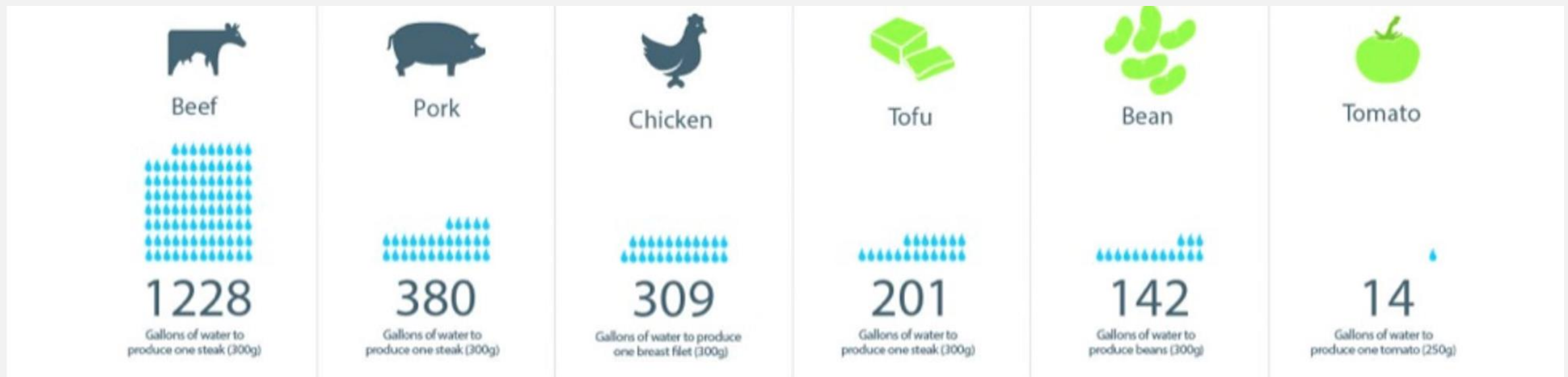
Project Drawdown

Solutions by Rank (first 10 out of 100)

Rank	Solution	Sector	TOTAL ATMOSPHERIC CO2-EQ REDUCTION (GT)	NET COST (BILLIONS US \$)	SAVINGS (BILLIONS US \$)
1	Refrigerant Management	Materials	89.74	N/A	\$-902.77
2	Wind Turbines (Onshore)	Electricity Generation	84.60	\$1,225.37	\$7,425.00
3	Reduced Food Waste	Food	70.53	N/A	N/A
4	Plant-Rich Diet	Food	66.11	N/A	N/A
5	Tropical Forests	Land Use	61.23	N/A	N/A
6	Educating Girls	Women and Girls	51.48	N/A	N/A
7	Family Planning	Women and Girls	51.48	N/A	N/A
8	Solar Farms	Electricity Generation	36.90	\$-80.60	\$5,023.84
9	Silvopasture	Food	31.19	\$41.59	\$699.37
10	Rooftop Solar	Electricity Generation	24.60	\$453.14	\$3,457.63

Water Impact

Of the less than **1%** of freshwater available for human use, **70%** of it goes toward growing food and raising animals



Water Impact

- 80% of the world's population has unstable water sources that are threatened by availability, demand, and pollution
- Globally indigenous communities struggle to maintain access to clean water



Factory Farms

CAFOs: Concentrated Animal Feeding Operations

- Inhumane living conditions
- Excessive concentrated waste
- Health and economic impacts on surrounding communities
- Workers' conditions




The EPA estimates that there are about 15,500 CAFOs in the U.S.

Social Impact

The social impacts of Climate Change are just as important as the environmental ones.

- Displacement Projections
- Food Security
- Food policy
- Mental Health





WashU: Food System Programs Resources



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WashU's Food System

- **22,000** *transactions everyday*
- **30+** *venues*
- **4** *Dining Providers*

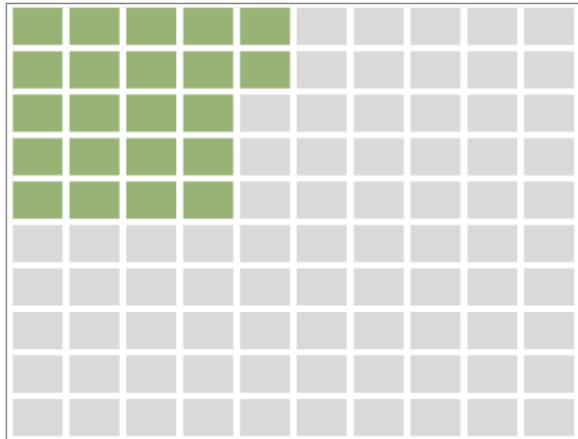


WashU's Vision

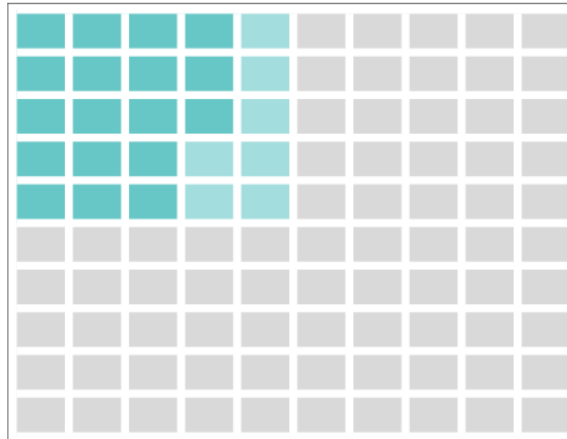
*“To support a food system that
advances environmental
and **public health** while
supporting a **strong local**
economy.”*



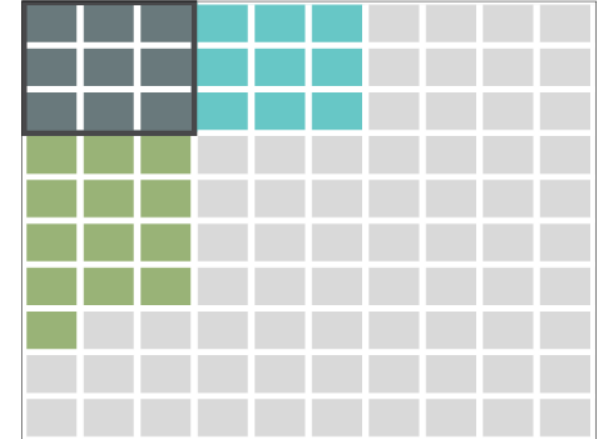
WashU's Progress



22% local food in 2019, which exactly reaches the goal set to achieve in 2020.



18% ethical food in 2019, which is **7% away** from the 2020 goal.



9% is both ethical & local in 2019, which is 3% away from the 2020 goal.

9% is ethical, but not local

13% is local, but conventional.

How can you reduce your **foodprint**?



REDUCE YOUR FOODPRINT

PLEDGE TO EAT VEGETARIAN ON MONDAYS

Green Monday

An ***global movement*** to urge consumers to consider how their ***food choices*** affect ***public health*** and the ***environment***.



Green Monday highlight!

 @wustlsustain



Meatless Myths



- “I can’t get my protein from vegetables.”
Busted: Vegetables, grains, beans, fruits, nuts, and seeds *all have protein*
- “The food pyramid says that I need meat.”
Busted: You need *protein*, not meat. Less meat reduces risk of cancer
- “Tofu is bad for you.”
Busted: Tofu is healthiest when consumed closest to it’s natural state

Food Guide



Downloadable from the *OOS Website*
sustainability.wustl.edu



1 Sustainable Food Goals at Washington University



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St. Louis Food System Programs Resources



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Local Food System

- Fresh produce travels an average of **1,500 miles** to get to your plate
- Less than **0.01%** of St. Louis regional cropland is used to grow food for people



Known & Grown STL

Supports and promotes farmers within 150 miles of St. Louis that use humane, chemical-free practices.

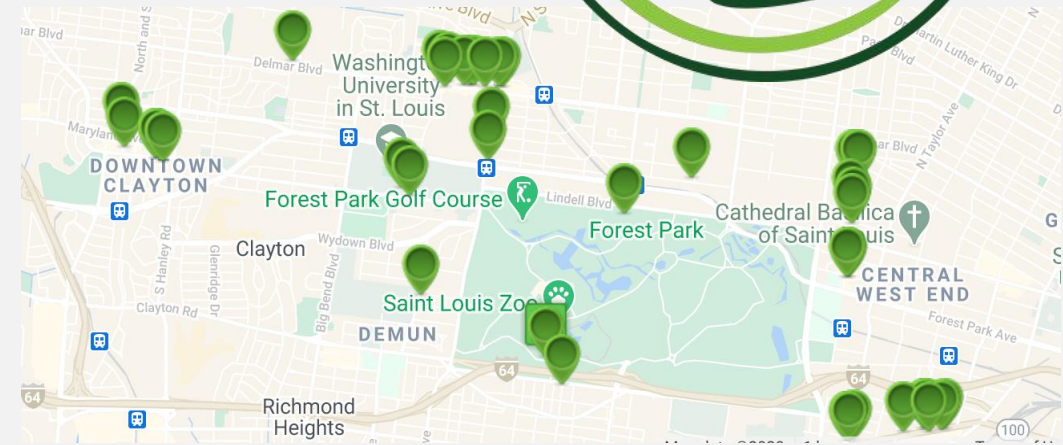
Resources:

- Local Food Locator
- Farmers market guide
- Local Food Guide



Green Dining Alliance

- **100+** Restaurants in St. Louis are certified members of the GDA.
- **15+** restaurants are located in the Loop or within walking distance of campus
- **2** GDA restaurants on campus: the Whittemore House and Ibby's



Interactive Website Map

Grocery Shopping

Just because a product has a green label doesn't mean it is sustainably or ethically produced.



Grocery Stores Near Campus

United Provisions

Trader Joe's

**Schnuck's*

**Dierberg's*

**have soft plastic recycling*

Community Supported Agriculture



Partnership between WashU & Local Farmer CSA

- Crop box filled with local produce, eggs, and more
- Pickup on Wednesdays (almost) on Danforth campus
- 3 box options
- Pricing: \$20 + / box

Local Farmers' Markets



38 min.



38 min.



16 min.

Wed. + Sat. 8am - 5pm

Soulard Farmer's Market



14 min.



19 min.



14 min.

Sat. 9 am– 1 pm

U-City Farmer's Market



14 min.



6 min.



19 min.

Sat. 8 am– 12:30 pm

Tower Grove Farmer's Market



19 min.



1 min.



19 min.

Sun. 9 - 1

Boulevard Farmer's Market



At Home

Cook
Preserve
Reduce waste



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Cooking Tips

- Defrost frozen food
- Cut food into smaller pieces
- Cook in batches
- Keep rings clean
- Use glass baking dishes
- Simmer food rather than boil it
- Stagger pans and dishes in the oven
- Rice cookers, slow cookers, kettles



Roasted veggies are a great plant-based addition to any meal!

Ugly Food

Purchase produce and other food items with minor imperfections, that would otherwise go to waste

Customizable

- You choose between organic and conventional produce
- You can choose everything that goes in your box



YOUR GROCERY PLAN

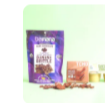
**Specific items vary by availability. We prefill your box with curated products, then you customize it!*



Regular Produce
\$16* | 11-13 lbs



Meat & Fish Pack
\$9.99* | 2-3 items



Snack Pack
\$9.99* | 2-4 items



Dairy Pack
\$9.99* | 3-4 items



Grains Pack
\$6.99* | 2-3 items



Weekly Estimated Subtotal:

\$53

Preventing Food Waste



- Separate bananas, apples, citrus, and tomatoes
- Fridge temp. 37° - 40° F and freezer temp. 0 ° - 2 ° F
- Untie bunches of herbs and greens
- Don't wash produce until you're ready to eat it
- Consider canning, freezing or preserving extra produce and bread
- Store leftovers in airtight containers
- Label all leftovers with the date

Leftovers don't have to be boring! The internet is full of creative recipes for spicing them up!



Connect with us!

- Subscribe to the sustainability newsletter for monthly news, events, and opportunities to get involved!
- Social Media:
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