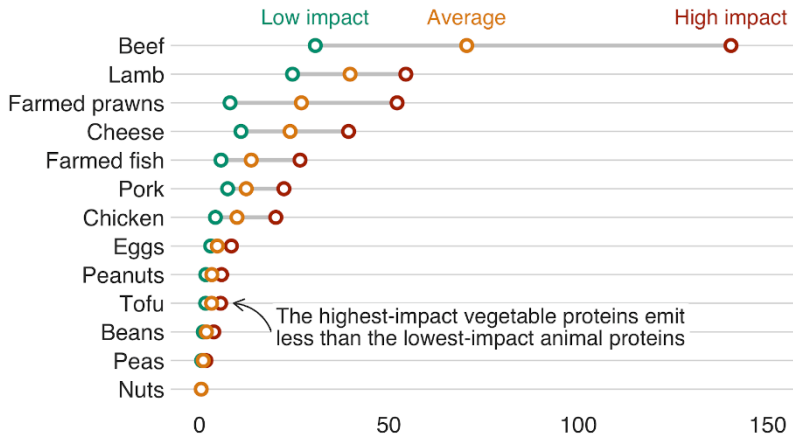


4 Food-Related Things You Can Do To Fight Climate Change

1. Eat fewer animal products

Beef has the biggest climate impact

Greenhouse gas emissions per kilogram



Source: Poore & Nemecek (2018), Science

BBC

- Plant-based foods, as a whole, generate far less greenhouse gases than animal-based foods

- Livestock and associated deforestation are responsible for roughly the same amount of greenhouse gas emissions as transportation, globally

- Try eating one plant-based meal a week, such as "Meatless Mondays". As you become more familiar with cooking delicious (and healthy) plant-based meals, expand that to several nights a week! For more tips on eating plant based, visit

sandiego350.org/food-and-soil-tips

2. Reduce food waste & increase composting



- 40% of food is wasted annually in US, yet one in six San Diegans and one in five children are food insecure

- Rotting food in landfills produces methane, a potent greenhouse gas

- If food waste were a country it would be 3rd largest greenhouse gas emitter in the world

- Composting food waste produces no methane and contributes to healthy soil

- California Senate Bill 1383 requires 50% reduction in organic waste by 2020 and 75% by 2025

- Help California meet its climate goals by reducing food waste and composting! For tips, visit sandiego350.org/food-and-soil-tips

3. Choose foods that are organic, local and in season, and/or pasture-raised



- Organically grown food reduces carbon emissions because it uses no petroleum-based fertilizers, pesticides, herbicides or fungicides
- Locally produced, in-season foods travel fewer miles to your table and thus have a reduced carbon footprint
- Pasture-raised foods contribute less to methane emissions by avoiding factory farm practices such as livestock waste lagoons
- Shop at your local **farmers' market** for fabulous local and in-season food – that's often organic and pasture-raised, too! To find a farmers' market near you, visit www.sdfarmbureau.org/farmers-market/

4. Draw down carbon from the atmosphere & store it in the soil of your landscape or garden



- Nature has the amazing ability to draw carbon down from the atmosphere and store it in the soil!
- How? Plants convert some of the carbon dioxide from photosynthesis into liquid sugars (carbohydrates). These flow down through the plant's roots to feed microbes in the soil. The microbes then create more soil and store the carbon from the liquid carbohydrates in the soil.
- Just a 0.4% increase of soil organic matter (SOM) in the world's agricultural soils would completely negate annual CO₂ emissions (at 2015 levels). Some

farmers using the regenerative practices below are increasing SOM at a rate of 0.5% to 1% annually!

- Here's how you can regenerate your soil and store more carbon in your garden, landscape, or farm:
 - Keep the soil covered in plants or trees - no bare soil
 - Apply compost
 - Plant a diversity of plant and/or tree species (no mono-crops)
 - No tilling or turning of soil
 - No chemical pesticides, fungicides, weed killers, or fertilizers
 - No overgrazing (livestock can help regenerate soil, but only if managed to prevent overgrazing)
 - For more information, visit sandiego350.org/food-and-soil-tips