



Sustainable Table

Topics for Discussion

- Meatless Monday
- Plant-based Meat Substitutes
- Non-ecofriendly Crops
- Local Sourcing
- Home Garden

HOW DOES
MEATLESS MONDAY
HELP?



FOR EVERY BURGER SKIPPED,
YOU CAN SAVE ENOUGH
WATER TO DRINK
FOR THE NEXT



YEARS.



#MeatlessMonday

HOW DOES MEATLESS MONDAY HELP?

IF THE WORLD REDUCED MEAT CONSUMPTION BY



15%

{BY DOING MEATLESS MONDAY}

IT WOULD HAVE THE SAME IMPACT
ON GREENHOUSE GAS EMISSIONS AS



TAKING 240 MILLION CARS
OFF THE ROAD EACH YEAR



#MeatlessMonday

GLOBAL LIVESTOCK PRODUCTION
CREATES MORE GREENHOUSE
GAS THAN THE ENTIRE
TRANSPORTATION SECTOR.



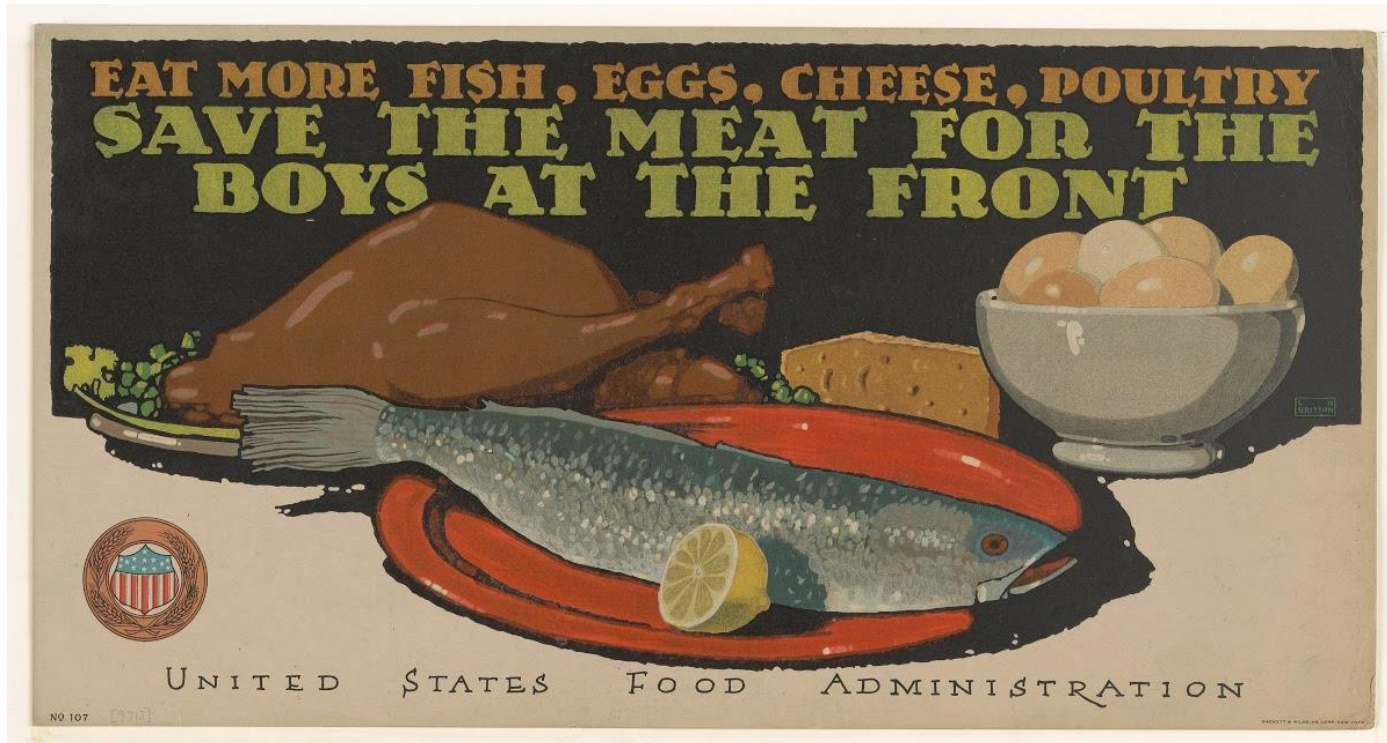
#MeatlessMonday



MeatlessMonday.com

Meatless Mondays

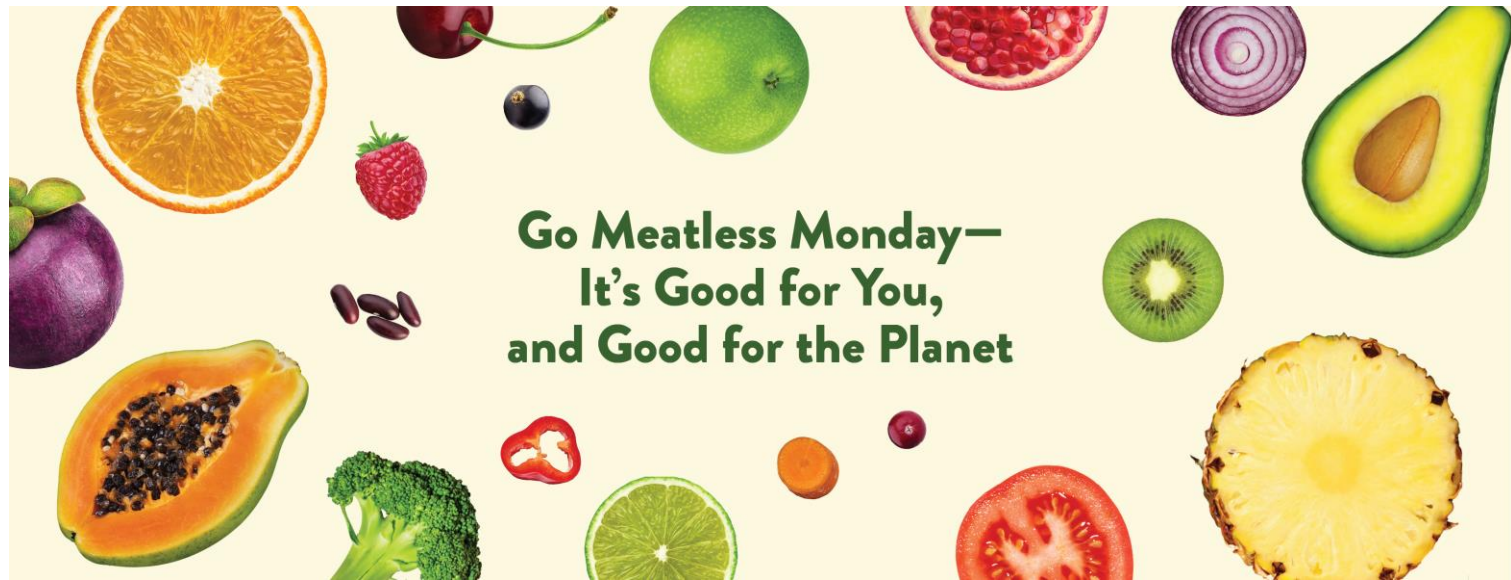
- Began in World War I in an effort to ration meat and was re-implemented in World War II



Eat More Fish, Eggs, Cheese, Poultry Save the Meat for the Boys at the Front
Source: Princeton University Posters Collection, Archives Center, National Museum of American History.

Meatless Mondays

- Modern iteration was re-vamped in 2003
- Encourages people to start their week in a healthy way, for themselves and for the planet



Source: <https://www.mondaycampaigns.org/meatless-monday>

Meatless Mondays - Benefits

- Meat production is a leading cause of climate change, water depletion, soil erosion and more
- Meat and dairy accounts for 14.5% of global greenhouse gas emissions, according to the UN

Meatless Mondays - Benefits

- 1700 gallons of water are needed to produce 1 lb of beef, but just 39 gallons are needed to produce a pound of vegetables (depending on the type)
- All Americans skipping meat one day per week would save 100 billion gallons of water per year, 70 million gallons of gas (enough to fill up every car in Canada and Mexico), and three million acres of land

Meatless Mondays - Ideas

24 MEATLESS MEALS *Carnivore Approved*



No. 5:
KALE, BLACK BEAN
AND AVOCADO
BURRITO BOWL



No. 10:
THAI PINEAPPLE
FRIED RICE










No. 17:
VEGGIE BLACK
BEAN ENCHILADAS








No. 22:
HOMEMADE
VEGETARIAN
CHILI

TOP MEATLESS MONDAY RECIPES OF 2020

		
Jerk Tofu	Veggie Meatballs	Breakfast Lentils
		
Carrot & Cauliflower Stew	Vegetable Pancit	Mushroom Tofu Scramble

 @ MeatlessMonday
MeatlessMonday

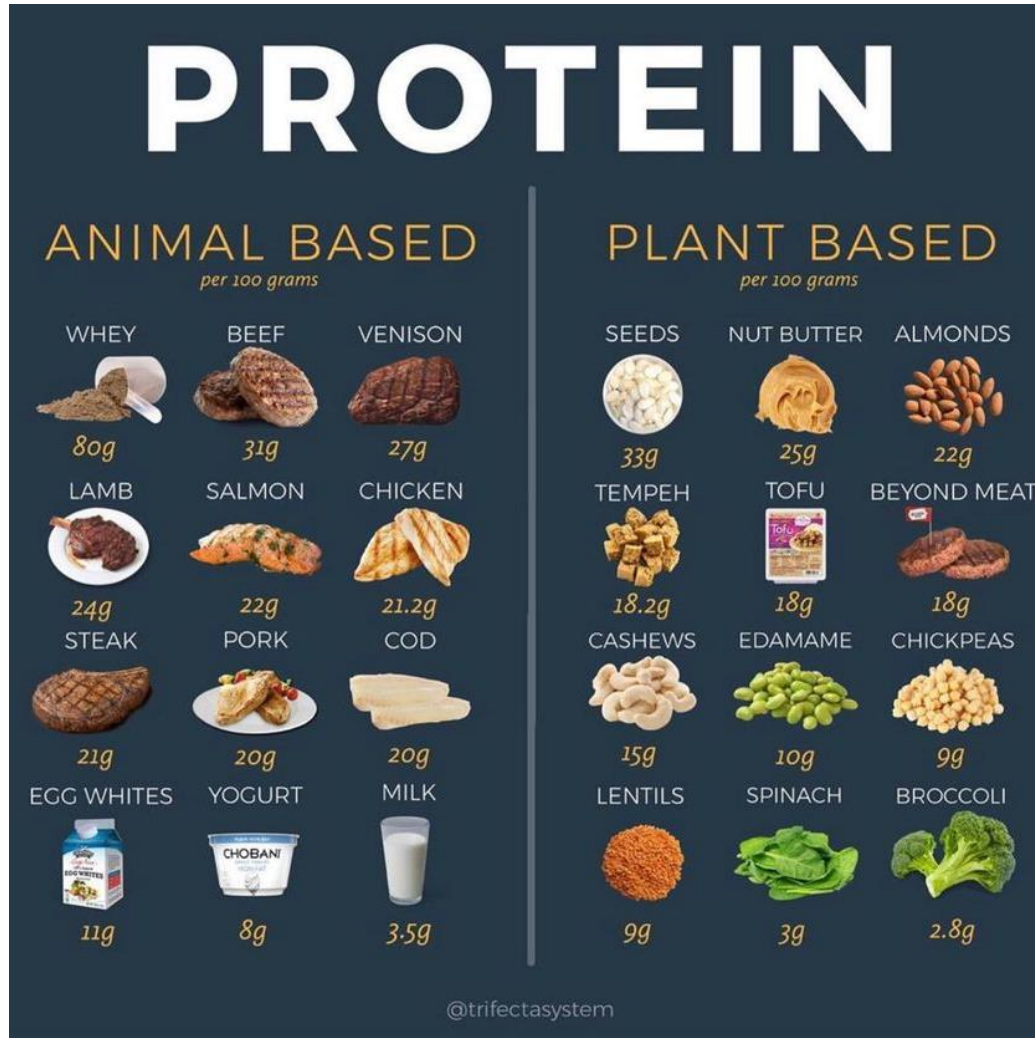
MEATLESS MONDAY *ON THE GO*

	BREAKFAST Einstein Bagel Blueberry Bagel with Daiya Cream Cheese Protein: 9g Calories: 380		SNACK Smoothie King Kale Mango Smoothie Protein: 10g Calories: 330
	LUNCH Del Taco Beyond Avocado Taco Protein: 19g Calories: 300		SNACK Dunkin' Iced Green Tea Unsweetened with English Muffin Protein: 6g Calories: 190
	DINNER Blaze Pizza Vegan Chorizo Pizza Protein: 21g Calories: 680	Daily Total Protein: 65g Calories: 1,880	

#MeatlessMonday @MeatlessMonday

Sources: <https://cookieandkate.com/24-meatless-recipes-that-carnivores-love/>
<https://www.mondaycampaigns.org/meatless-monday/package/top-meatless-monday-recipes-of-2020>
<https://www.mondaycampaigns.org/meatless-monday/19-reasons-to-go-meatless-on-monday-in-2020>

Meat Alternatives



Source: [@trifecta](#) on Instagram

Meat Alternatives

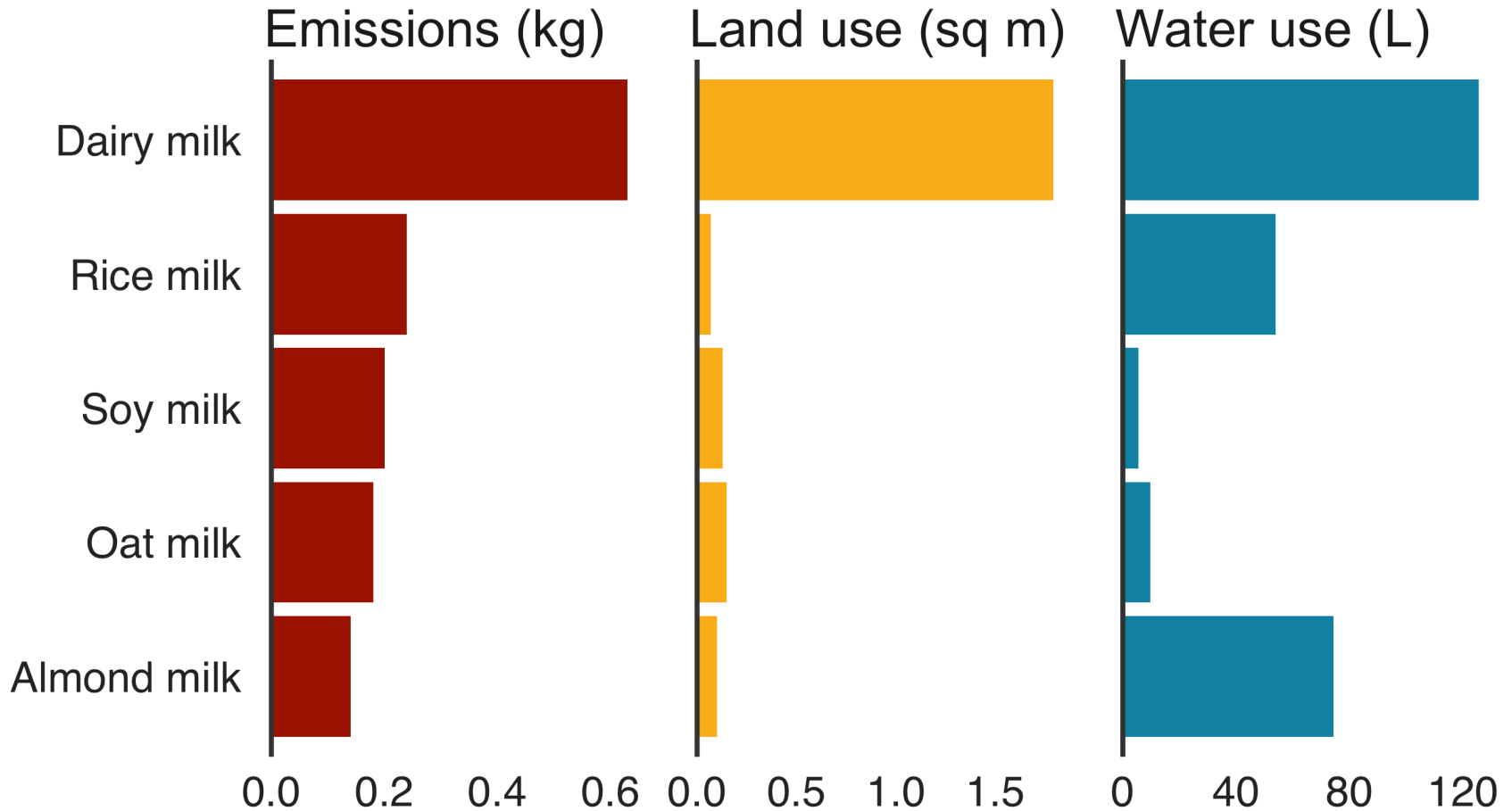


What if I love the taste of meat/sausage/chicken?



Which milk should I choose?

Environmental impact of one glass (200ml) of different milks



Source: Poore & Nemecek (2018), Science. Additional calculations, J. Poore



Source: <https://www.bbc.com/news/science-environment-46654042>







Other Dairy Alternatives



Non-Ecofriendly Crops

Not all Superfoods are Super for the environment



Reason	Definition
Water Footprint	how much water it takes to grow and produce crops
Carbon Footprint	GHG emissions from transportation to production
Deforestation	land destroyed for crops

Water Footprint

Thirsty Crops:

- Crops that need way too much water to grow
- Water-intensive crops

Examples:

- Avocado
- Almond
- Rice
- Sugar Cane
- Soybeans



Source: <https://www.fao.org/emergencies/emergency-types/drought/en/>

Avocados

- “Green gold”
- Grows in tropical regions (South America, Southern Europe, Africa and Asia)
- Mexico exporting 50% of the world’s avocados
- 1 mature avocado tree needs 20 gallons of water daily
- What is it like for the regions that produce avocados?

Avocados



Almond

- Grows in Spain, Italy, Australia and mainly in the US
- 80% of the almonds in the world come from California alone
- A single almond needs 1.1 gallons of water (a lot of water compared to the strawberries and grapes growing in the region)
- How is almond production affecting California?

Almond



Local Sourcing

Why is it important?

Flavor and Nutrients!

- Local produce is harvested closer to its peak harvest, as there is no need for the items to ripen during transport

Green!

- Money and Environment. Local foods are better for the local environment and the local economy

Allergies!

- Things like honey, that are sourced locally, will contain the common allergens from your area, giving your body the ability to learn to fight off these allergens before your allergies start flaring up

Local Sourcing

How can I do it?

- Look for farmers markets. In most towns and cities, there is at least one farmer's market that pops up a few times a month
- Shop small local grocery stores and buy produce that is marked as local or ask an associate for help



Home Garden

Problem: our agricultural value chains

- Cities reshaping food systems
- 19 million Ha of tropical forests are converted annually to agricultural lands to feed the world's population
- 70% of the water is used for agriculture, plus energy and chemicals
- 1/3 of the food produced for human consumption is wasted

Home Garden

Proposal: sitopia (*sitos & logos*)

- Reshape urban communities through their food system
- Create a bridge between consumers and their food
- Efficient, low cost, low environmental impact and self sufficient
- Better food quality; alive, organic and natural
- Reuse of waste

Home Garden

How to get started:

Follow the sun. Vegetables need 6 to 8 hours a day of direct sunlight

Drains well and doesn't stay wet. Wet soil means wet roots, which can turn into rotted roots.

Stable and not windy. Plant in a location that would make Goldilocks smile

Nutrient-rich soil. Your soil feeds your plants, your plants feed you. Add organic matter.

Start small. It's better to be proud of a small garden than frustrated by a big one.

Easy vegetables. Cool season; lettuce, radishes, radishes, zucchini, beets, carrots, chard, spinach, kale, arugula.
Warm season: tomatoes and cucumbers.

High quality seeds. Higher success rate and better food quality.

Do not crowd your plants. Plants and roots need proper spacing.

Crop rotation. Reposition your plants to avoid pests and disease.

Have fun!



Andrea's Home Garden



Resources

<https://www.bbc.com/news/science-environment-46654042>

<https://www.globalcitizen.org/en/content/8-foods-you-probably-didnt-know-were-bad-for-the-e/>

<https://www.youtube.com/watch?v=p8Rml71Ayy4&t=124s>

<https://www.youtube.com/watch?v=XPrUCcHd3mo&t=186s>