



## WHAT IS REAL FOOD?

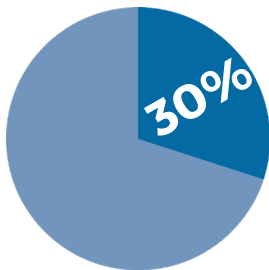
1. It nourishes producers, communities and the Earth.
2. It respects human health, animals, social justice, and the environment.
3. It's as close to its natural state without alteration.



“ Real food is plant-based, fresh, not processed, home-cooked, locally produced and locally sourced. ”

## DID YOU KNOW?

Industrial animal agriculture is one of the most **destructive** industries on the planet:



Food systems contribute **30%** of all **greenhouse gases** (GHGs), leading to **climate change**.

**80%** of both world **deforestation** and **biodiversity loss** are due to food systems. We can learn from **indigenous peoples** who make up 5% of the world's population and **protect 80% of global biodiversity**.



**One third** of all food is either **lost** during production or **wasted** during consumption, while millions are **malnourished** but millions are also overweight.



But solutions exist...



## THERE ARE ALTERNATIVES!

- **Eco-healthy food production** methods can heal soils, nature, peoples' health and also create jobs. Some examples: agroecology, climate-smart agriculture, regenerative agriculture, agroforestry.
- **Consumers** can influence **positive change!** Reduce consumption of animal products; stop buying over-processed and fast food and products in unnecessary plastic packaging.
- **Farmers** are on the front lines of climate change and we need to help them to help us all. Support programs (and subsidies) which assist smallholder farmers grow **healthy, plant-based foods**.



## WHAT CAN WE DO?

### FOOD

- Plant rich diet: eat mostly plant-based, whole foods
- Consume locally, seasonally and organic
- Reduce food waste: eat leftovers; check expiration dates; compost!
- Read food labels before you buy
- Avoid highly processed foods
- Cook at home; share meals with family and friends; reduce take-out and fast foods
- Bring your own containers, utensils and cups when getting take-out foods and drinks

### TRANSPORT

- Public transit: cheaper and healthier option
- Telepresence (videoconferencing)
- Bicycles and Electric bikes: healthier too!
- Walk when you can
- Electric vehicles; Ridesharing; Car-sharing; Park-and-Ride (train)
- Reduce air travel, and carbon offset unavoidable air travel

### ENERGY-BUILDINGS

- The "4 Rs" of consuming: Refuse, Reduce, Reuse/repair, Recycle
- Refuse single-use plastics and reduce plastic packaging
- Rooftop solar (photovoltaic; water heating)
- LED lighting and low-energy lighting
- Water-saving mechanisms/devices
- Smart thermostats and improved insulation;
- Refrigerant management (repair leaks); new natural refrigerants (alternatives to HFCs)
- Alternative cement and eco-based building

### LAND USE

- Stop Industrial Animal Agriculture (factory farms)
- Plant trees; Afforestation and Reforestation
- Home garden: food, shade and food trees, compost, permaculture, etc.
- Ecosystem protections for biodiversity, carbon sequestration and soil health
- Agriculture: Agroecology; no monocrops; crop rotations; reduce tilling; always cover soil!
- Trees in agriculture: intercropping; staple (food) trees; silvopasture (grazing around trees)
- Refuse synthetic fertilisers & pesticides; use natural nutrient management & pest control
- Irrigation improvements; drought resilience by cover-crops, mulching etc. for soil health
- Managed grazing for soil health; grow animal food onsite

### SOCIO-ECONOMIC

- Educate yourself, explore, have fun and find like-minded people!
- Talk to others and get involved; put passions and skills to good use!
- Vote to protect our health and that of the planet
- Educating girls (education enables more life choices); family planning
- Circular economy (linear = wasteful). Refuse, Reduce, Reuse/repair, Recycle
- Environmentally friendly investments.

## JOIN THE REAL FOOD MOVEMENT!

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