

Every bite we eat is a chance to make change for the entire planet!

Our food choices affect the environment and things like climate change, pollution, deforestation, and water usage.

United Nations Facts

- *14.5% GHG (greenhouse gas) emissions worldwide are caused by livestock
- *44% of those livestock emissions are methane (more harmful than CO2)
- *20% animal/plant diversity worldwide is in the Amazon, which is being cut down for food



EAT AWARE TODAY

How does food affect our planet?

- *Crops & livestock release emissions through breathing & other kinds of output.
- *They also use lots of water.
- *Since many crops are fed to animals, animal-based foods can have a larger impact than plants.



Actions to help!

- *Think about how food will affect the Earth before eating
- *Eat more fruits & veggies
- *Choose foods that are closest to their natural state
- *Eat more local and organic foods



Activity

Pick a food and think about how it affects the environment.

- *What kind of habitat was cut down to grow the food and how might that affect local animals?
- *What kinds of crops or livestock would need to be grown to make the food?
- *Looking at the GHGs, how would the emissions affect the environment?
- *Looking at the water usage, how would the amount affect the environment?
- *What other ways could the food affect the planet?

EAT offers an easy-reference bookmark

designed as a starting point to educate students about environmental impacts (like GHG & water) of common food choices.

#EatAware

Post pics of Earth-friendly food with #EatAware on social media!

**Be a changemaker!
Eat Aware Today
to help the planet
and all living things!**