

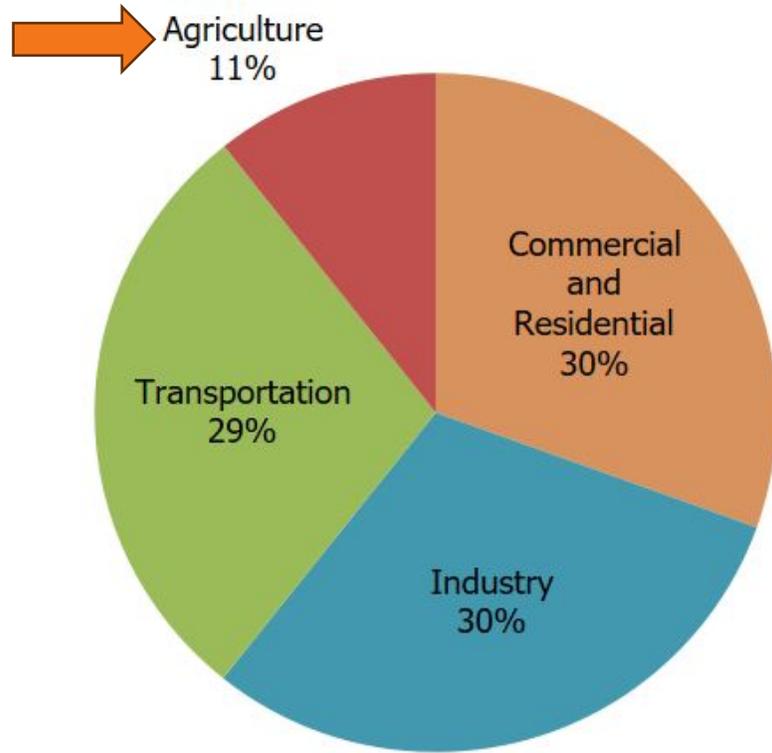


Diet for a Warming Planet

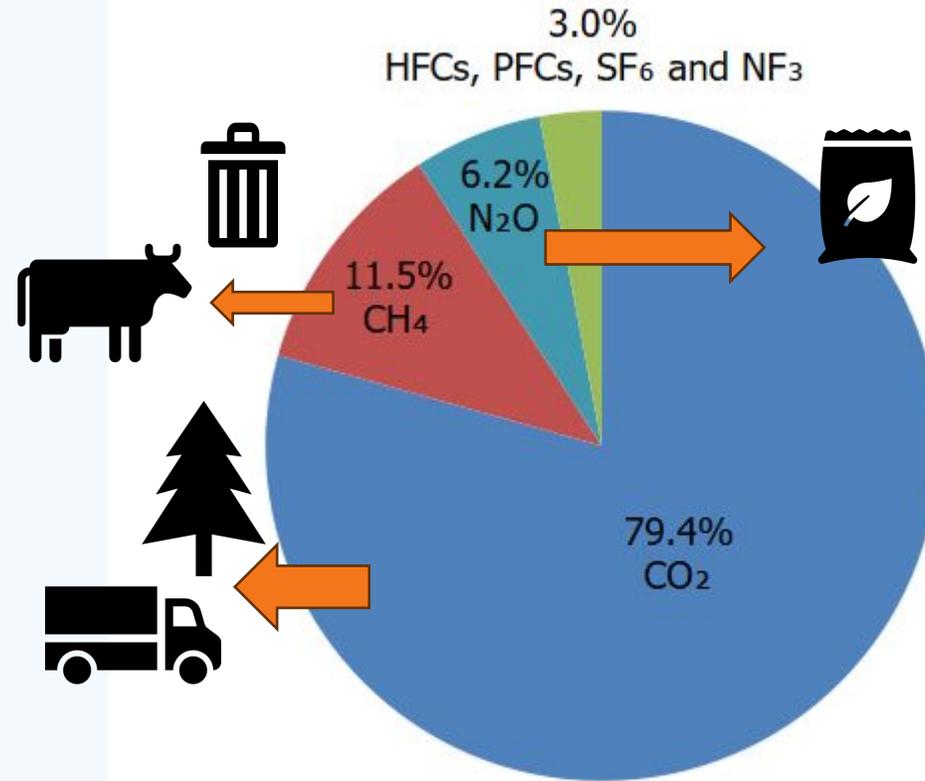
Jana Fischback, SNCW Executive Director
Joan Qazi, WVC Sustainability Coordinator



Climate & Greenhouse Gases



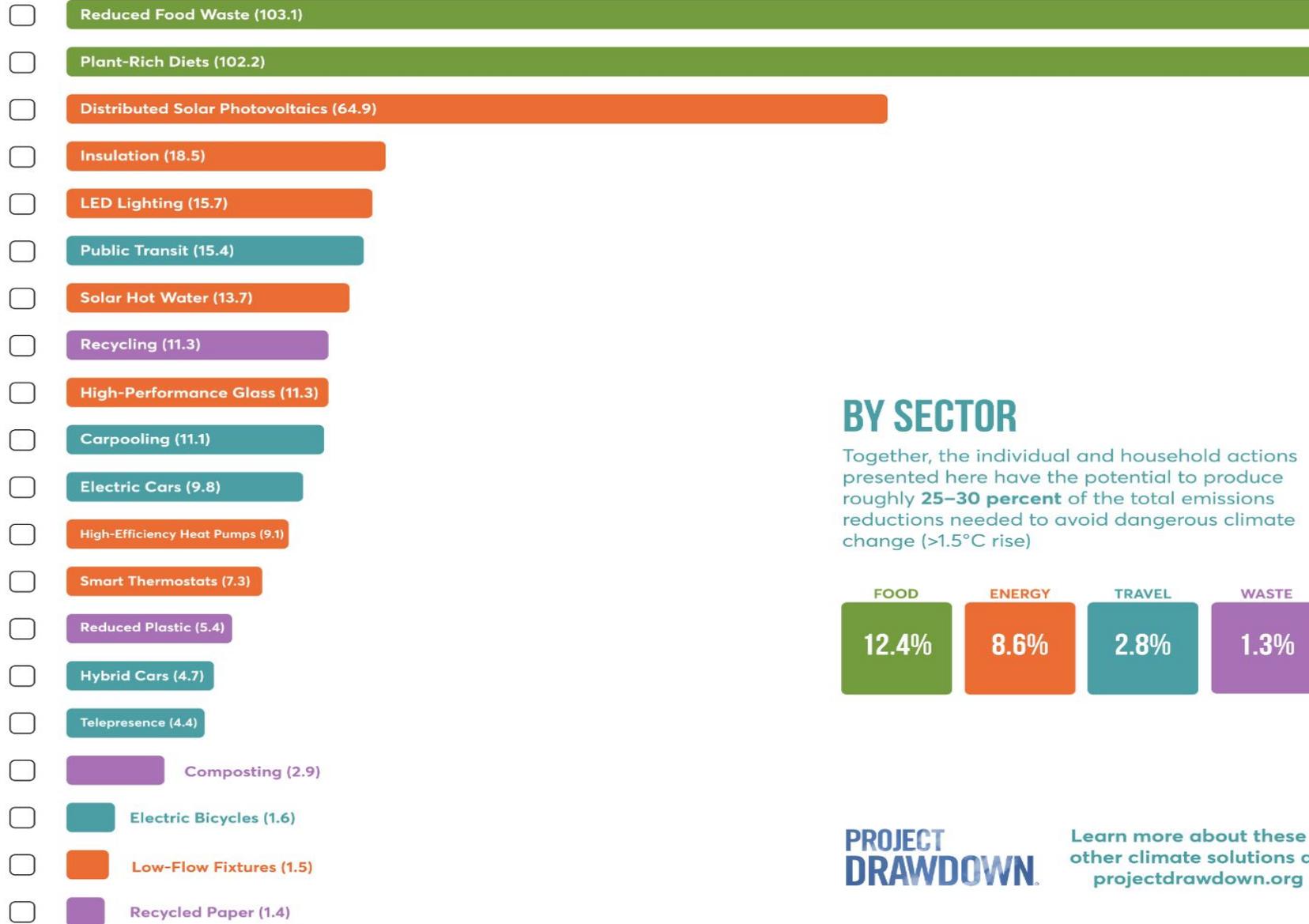
U.S. Environmental Protection Agency (2023). Inventory of U.S. Greenhouse Gas Emissions and Sinks: 1990-2021



U.S. Environmental Protection Agency (2023). Inventory of U.S. Greenhouse Gas Emissions and Sinks: 1990-2021

TOP 20 HIGH-IMPACT CLIMATE ACTIONS FOR HOUSEHOLDS AND INDIVIDUALS

The data presented here represents cumulative Gt CO₂-eq over 30 year period



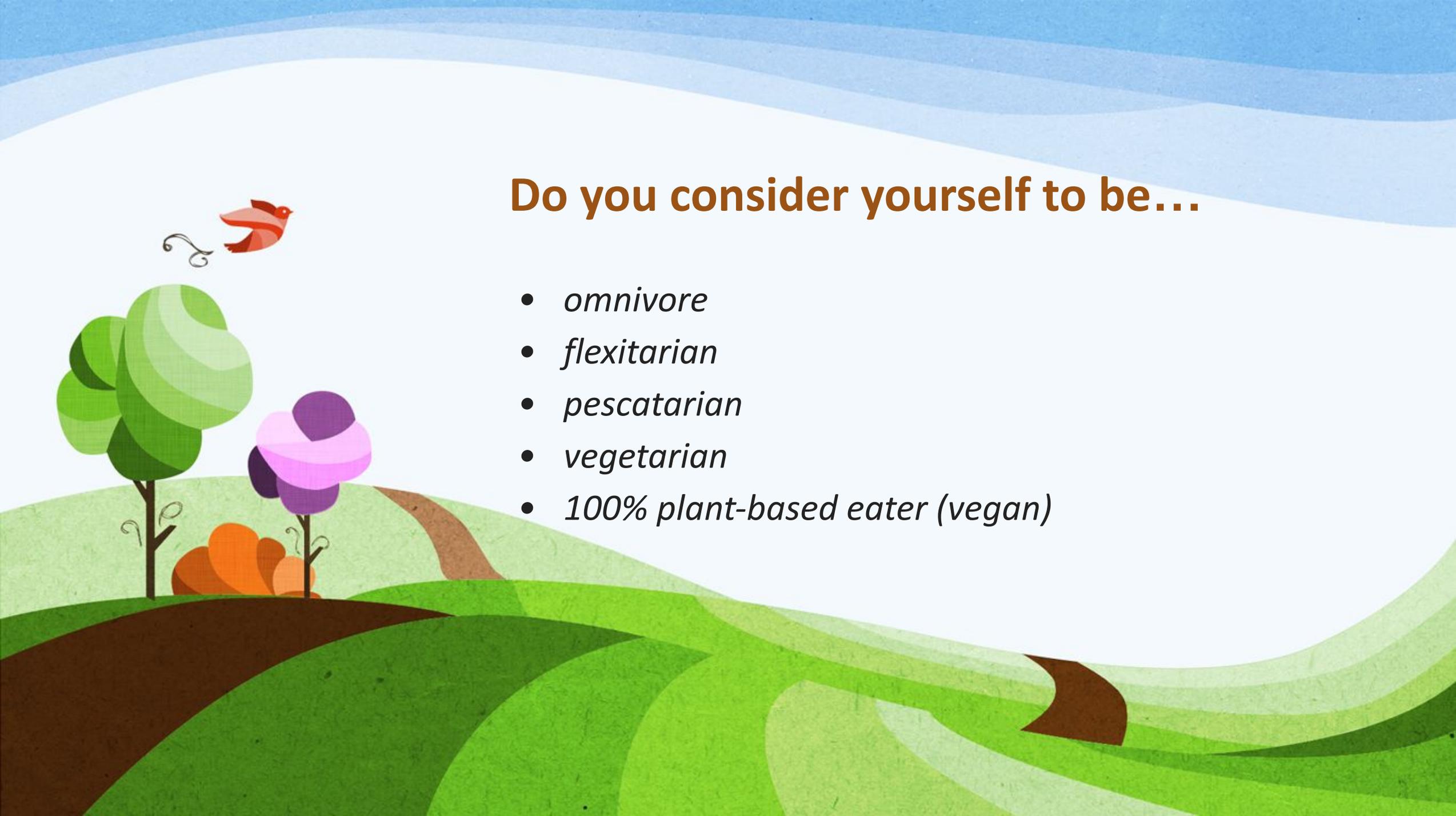
BY SECTOR

Together, the individual and household actions presented here have the potential to produce roughly **25–30 percent** of the total emissions reductions needed to avoid dangerous climate change (>1.5°C rise)



**PROJECT
DRAWDOWN.**

Learn more about these & other climate solutions at: projectdrawdown.org



Do you consider yourself to be...

- *omnivore*
- *flexitarian*
- *pescatarian*
- *vegetarian*
- *100% plant-based eater (vegan)*

Working toward a plant-based diet

AKA: Eating less meat and animal products, or “eating lower on the food chain”

Reduces carbon footprint by:

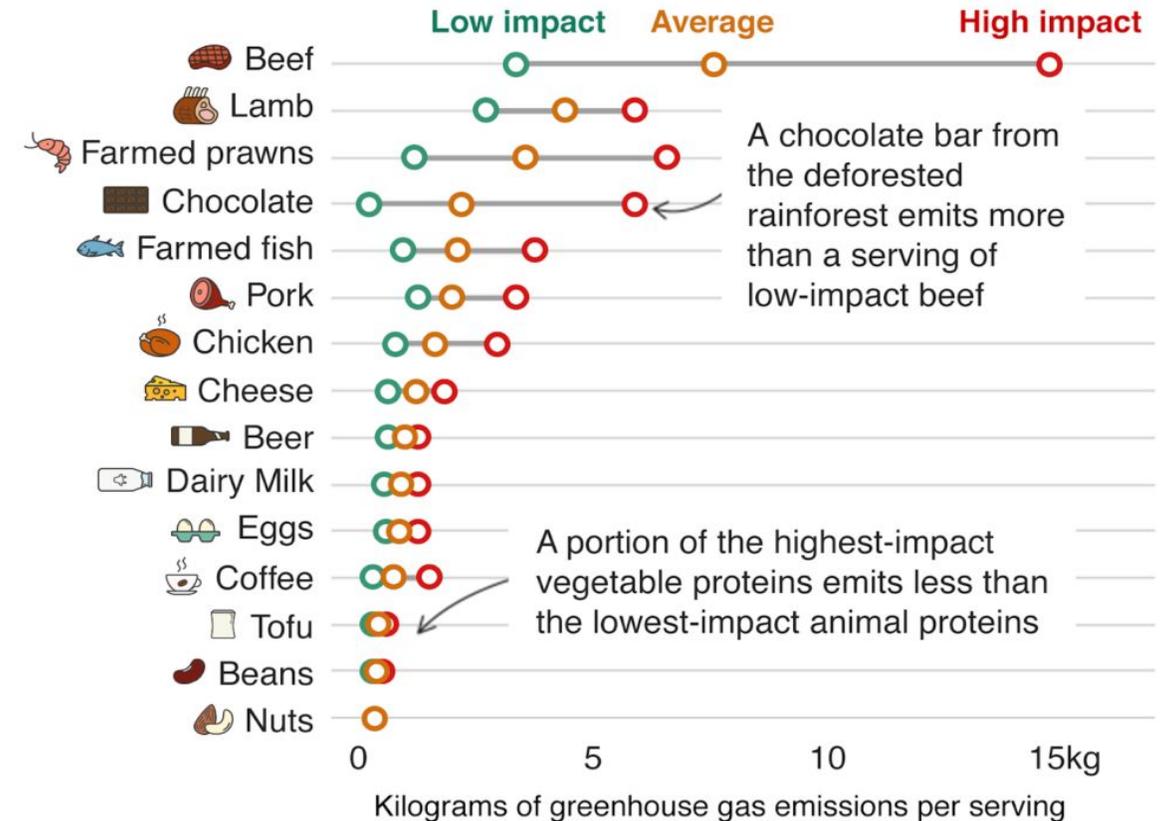
- reducing sources of emissions
- supporting carbon sinks

Co-benefits!

- reduces agriculture’s need for land & water, pollution
- ethics of eating animals & animal products, slaughtering jobs
- health & wellbeing
- can save money

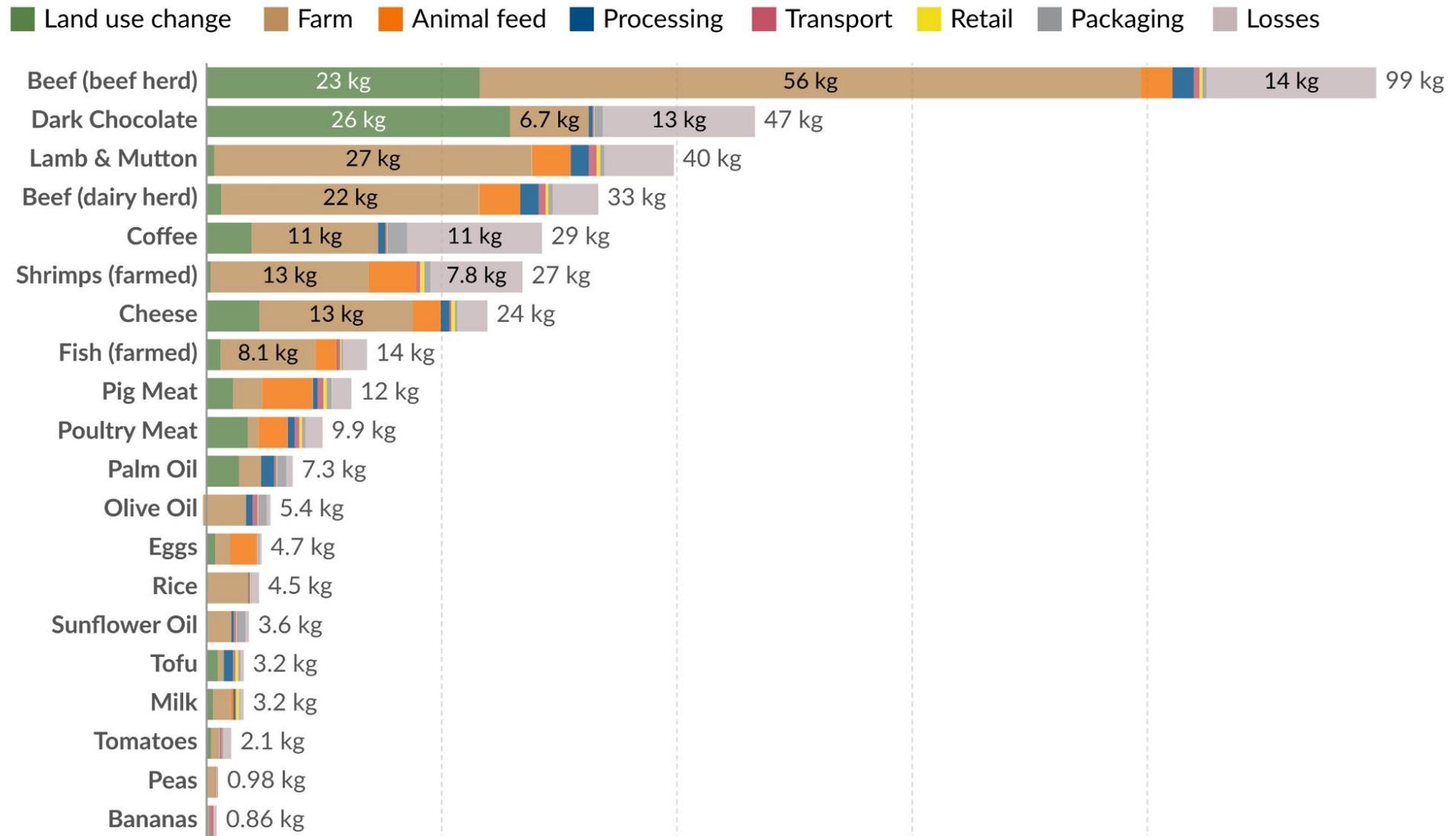
Beef has the biggest carbon footprint - but the same food can have a range of impacts

Kilograms of greenhouse gas emissions per serving



Food: greenhouse gas emissions across the supply chain

Greenhouse gas emissions¹ are measured in carbon dioxide-equivalents (CO₂eq)² per kilogram of food.



Plant-Rich Resources

Rotary's Plant-Rich Wenatchee Valley Eating Guide

- Linked at SustainableNCW.org/food

Drawdown.org

- [Drawdown Solutions Library: Food, Agriculture and Land Use](https://Drawdown.org/SolutionsLibrary/FoodAgricultureandLandUse)

EcoChallenge.org

SeafoodWatch.org

- [West Coast Pocket Guide](https://SeafoodWatch.org/WestCoastPocketGuide)
- [Seafood Carbon Emissions Tool](https://SeafoodWatch.org/SeafoodCarbonEmissionsTool)

Plant-Rich Wenatchee Valley

A Local Plant-Based Eating Guide to Support the
ESRAG 15 Day Plant-Rich Diet Challenge
Updated February 2023



This guide is meant to help you find plant-based products in our area to begin or expand your plant-rich diet journey. It is not a living document and serves only as a snapshot in time as of the last update. A team of volunteers did their best to compile as much information as possible and any omissions are unintentional. Listings in this guide do not imply any endorsement, sponsorship, affiliation, association, or connection of products or businesses with Wenatchee Confluence Rotary or ESRAG.

Grocery inventories and restaurant menu items often change. It is always helpful to inquire about availability. You will get the greatest health benefits from consuming a whole-food plant-based diet, especially when food is in season. It's important to remember that when exploring plant-based alternatives to meat/dairy/eggs/fish, that there are variations among brands and ingredients. It's also important to read labels of these alternative foods if you have food allergies or intolerances.

Thank you for taking the Plant-Rich Diet Challenge. We hope you enjoy your plant-rich adventure!



esrag.org/plant-rich-diet/

Rotary
Wenatchee Confluence
Rotary Club

<https://wenatcheeconfluenacerotary.com/>

Effects of eating organic on carbon footprint

In theory organic farming both reduces GHG emissions and improves soil carbon sequestration, but because yields are lower, it requires more land

Co-benefits

- better for ecosystems near farms including soil regeneration and water
- better for farm workers' health
- likely better for consumer health

Other labels: Climate Neutral Certified, Carbon-Free Certified, Rainforest Alliance Certified Cocoa, Salmon-Safe Certified, Natural, Humane, Cage-Free, Free Range, Grass Fed, Pasture-Raised



Dirty Dozen & Clean Fifteen

CLEAN FIFTEEN™

EWG's 2023 Shopper's Guide to Pesticides in Produce™

 1. Avocados	 2. Sweet corn*	 3. Pineapple
 4. Onions	 5. Papaya*	 6. Sweet peas (frozen)
 7. Asparagus	 8. Honeydew melon	 9. Kiwi
 10. Cabbage	 11. Mushrooms	 12. Mangoes
 13. Sweet Potatoes	 14. Watermelon	 15. Carrots

DIRTY DOZEN™

EWG's 2023 Shopper's Guide to Pesticides in Produce™

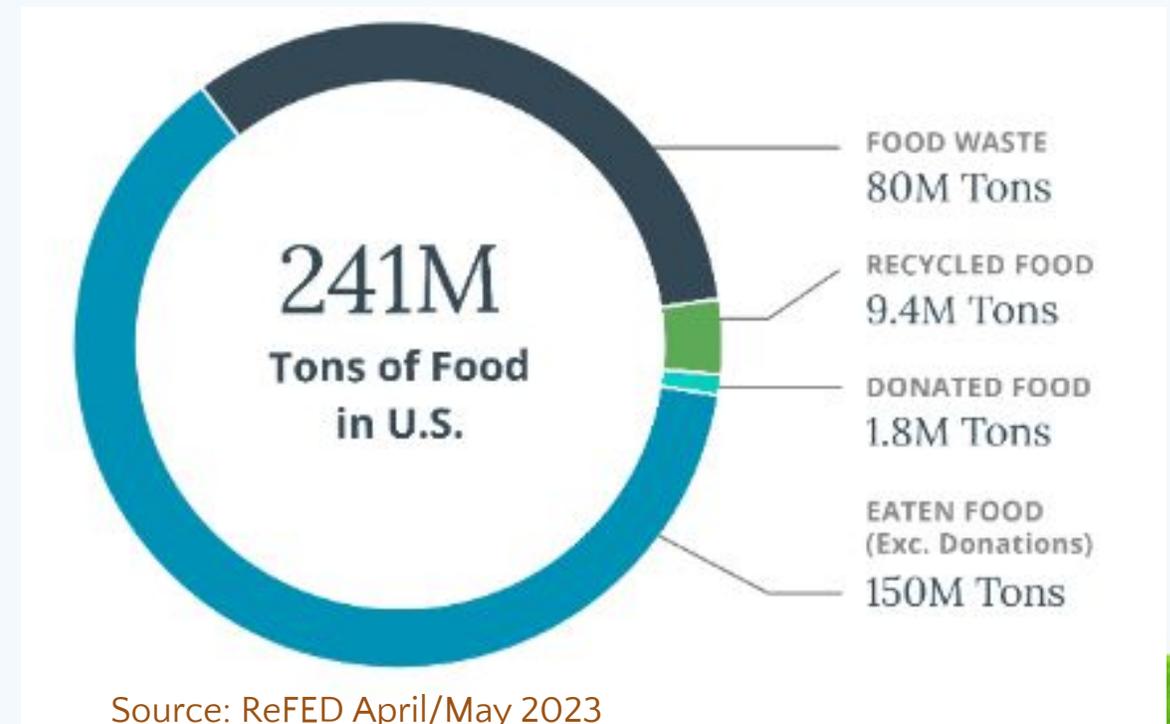
 1. Strawberries	 2. Spinach	 3. Kale, collard & mustard greens
 4. Peaches	 5. Pears	 6. Nectarines
 7. Apples	 8. Grapes	 9. Bell & hot Peppers
 10. Cherries	 11. Blueberries	 12. Green Beans

Wineries →

Orange arrows indicate a flow from the Dirty Dozen items to the Clean Fifteen items: Strawberry to Avocado, Spinach to Sweet Corn, Kale to Sweet Peas, Peaches to Asparagus, Pears to Honeydew Melon, Nectarines to Kiwi, Apples to Cabbage, Grapes to Mushrooms, Bell & hot Peppers to Mangoes, and Cherries to Sweet Potatoes.

Food Waste is the World's Dumbest Problem

- Americans waste about 1/3 of food produced—in fields, factories, restaurants, retailers, and mostly at home.
- Food Waste > Wasted Food
22% of all fresh water
- \$\$\$\$? \$310 billion
- Meanwhile, 1 in 10 Americans suffer from food insecurity...



How is food waste related to climate?

- When food is wasted so is all the energy used in its production, processing, distribution, and storage.
- Food waste is 24% of all landfill inputs; emits methane.
- Drawdown ranks 'reduced food waste' as 3rd out of its 100 solutions to cut greenhouse gas emissions.



What can be done?

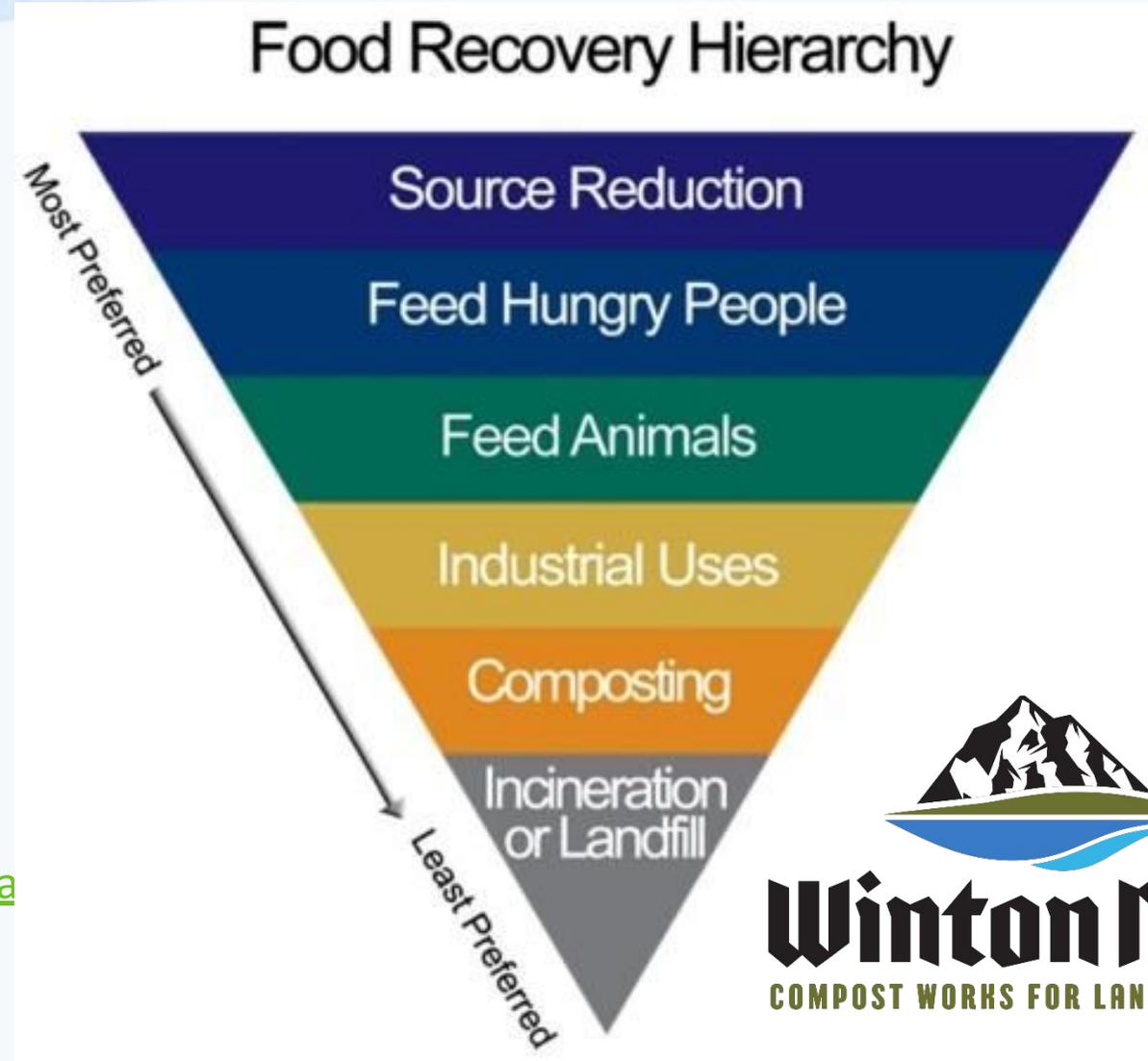
On Farms?

In Businesses?

In Schools?

At Home?

[Drawdown Ecochallenge - Food, Agriculture, and Consumers](#) | [USDA](#) love your leftovers
[ReFED](#)



What's already happening here?



Leftover Food Goes Here!

Los Restos de Comida Van Aqui

composted locally at Winton Mfg



YES: fruit, veggies, meats & cheese | bones & eggshells, bread, rice, pasta

Coffee grounds, filters, teabags, napkins

! NO: LIQUIDS or PLASTIC



WASHINGTON FESTIVALS & EVENTS ASSOCIATION
wfea.org

2023 Pacific Northwest Summit Awards
Green Program
Washington State
Apple Blossom Festival



Food Waste Audit with Waste Loop

HOW DOES SHOPPING AT YOUR FARMERS MARKET FIGHT CLIMATE CHANGE



Did you know that the food you eat travels on average 1500 miles to get to your plate?

A basic diet - some meat, grains, fruits & vegetables made from imported ingredients uses 4x the energy and generates 4x the greenhouse gas emissions as the same diet with local foods.

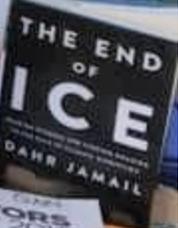
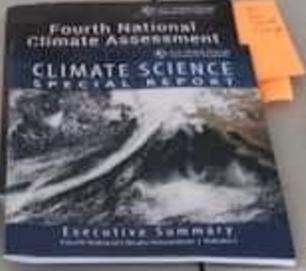
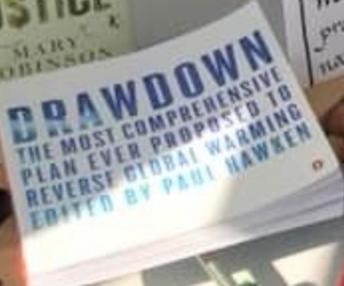
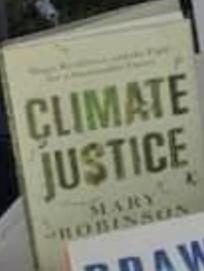
Many farms use organic practices that improve the national environment.

- * Eating what's in season, we put less stress on the Earth!
- * Farmers Markets use far less energy than brick & mortar stores
- * Buying food at Farmers Market means less packaging & food waste!
- * Bringing your own bag means less plastic in the environment & less demand for the oil that makes plastic.
- * Your local farmers "sequester" or store carbon in well-managed soils!

Which has a higher energy bill, the Supermarket with electric lights & refrigeration OR the farmers market with the sun for light & an icebox or two?

No need for big dumpsters at farmers markets; any leftover food is donated to food banks... < CH₄

Farmers Markets welcome bus-riders, bicyclists, walkers, skate-boarders, etc. reducing CO₂.



Eating Locally & Seasonally

- Food | Sustainable NCW
- UV Mend Community Harvest Gleaned 26,773 lbs. of produce in 2022
- Farm to School Programs & School Gardens



Healthier for the planet, healthier for you

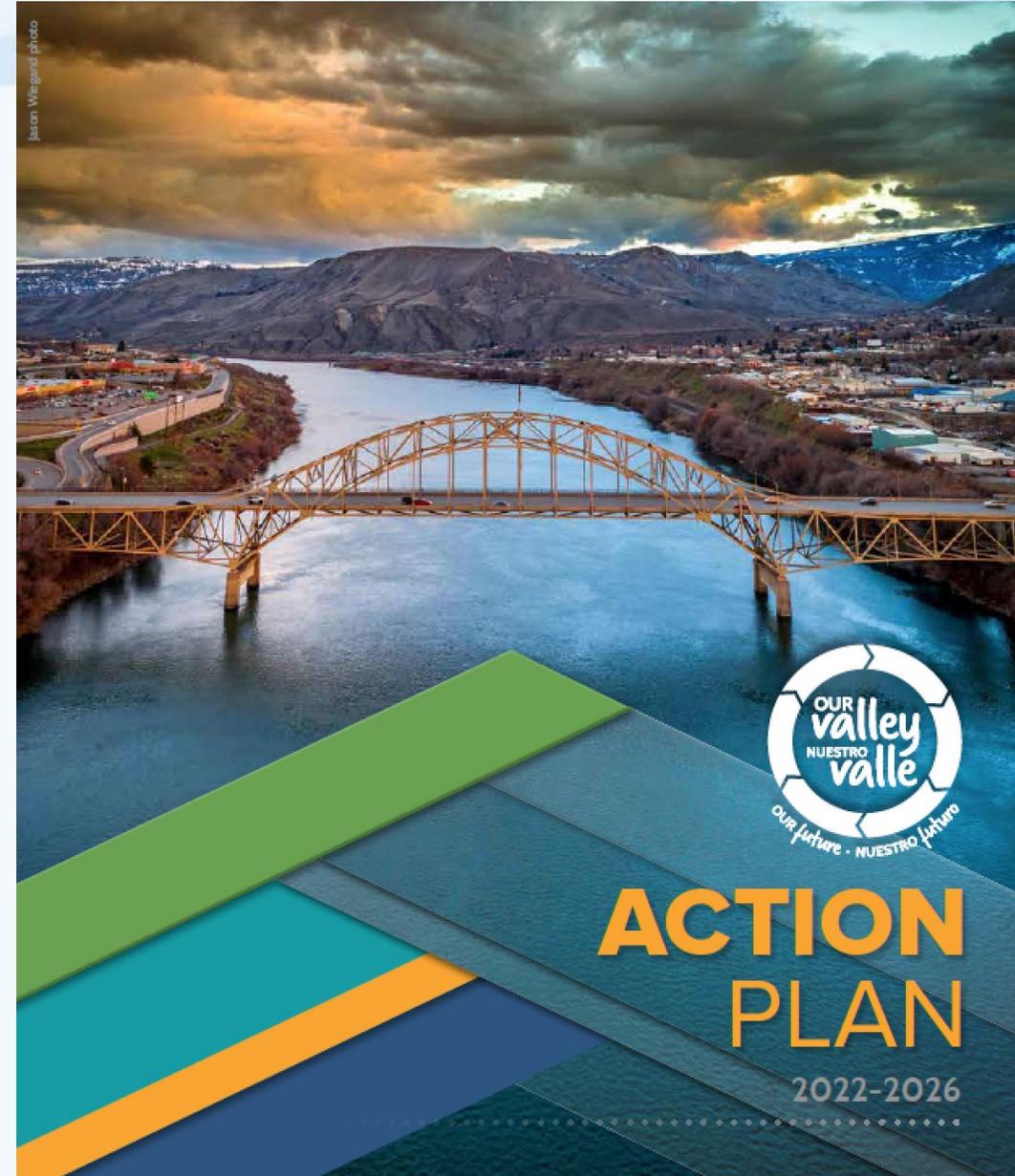


- Plant-rich foods
- Seasonal produce
- Locally grown if possible
- Minimal food waste
- Colorful and delicious!

[Planetary Health Recipes - EAT](https://eatforum.org)
[\(eatforum.org\)](https://eatforum.org)

How can you get involved locally?

- Climate Action Plan / OVOF Game Changer
- Join a SNCW committee, become a board member, apply to become the new ED!
- Alianza Ambiental with CAFÉ
- Gleaning with UV Mend
- Compost at home or with Winton Mfg
- Talk with orgs at tables
 - [Wenatchee Confluence Rotary](#)
 - [Ridge 2 River Animal Haven](#)
 - [NCW Libraries](#)
 - [Nourish NCW](#)





Questions?

For more Sustainable NCW events, be sure to subscribe to our monthly e-newsletter at sustainablencw.org

