Welcome to our program!
As you wait please feel free to do the following:

• Make sure that your microphone is muted.
• Locate the chat feature.
• If you have any questions, please put them in the chat box.
• We invite everyone to turn their video on so we can have some face time together!

Sustainable Living Series
Five virtual lectures discussing sustainability programs and resources here at WashU St. Louis

THURSDAYS
4:30–5:15pm
Central Time

SEP 17th: Waste
SEP 24th: Food
OCT 1st: Energy
OCT 8th: Campus Tour
OCT 15th: Transportation
Why our food choices matter?

The WashU food system, programs and resources

The St. Louis food system, programs and resources

A few more tips for home practices
Who we are

Clara Steyer (she/her)
Sustainability coordinator at the Office of Sustainability
clarasteyer@wustl.edu

Brianna Chandler (she/they)
Engagement Specialist at the Office of Sustainability
brianna.chandler@wustl.edu

7 full-time sustainability staff and many more student associates!
Who are you?

Please respond to the Zoom poll that show up on your screen so we can get to know you a little bit more!
"Food is everything we are. It's an extension of a nationalist feeling, ethnic feeling, your personal history, your province, your region, your tribe. Your grandma. It's inseparable from those from the get-go."

- Anthony Bourdain
  chef, author, journalist, and traveler
There are currently 820 million food insecure individuals around the globe. As climate and weather patterns continue to shift and disrupt food systems, those numbers will increase.
According to the Intergovernmental Panel on Climate Change (2018 special report on land and climate)…

21-37% of total Greenhouse Gas emissions are attributable to the global food system.
Food & Emissions

22% due to crops

58% due to livestock

Source: Johns Hopkins Center for A Livable Future
What do the experts say?

• UNFCCC
  • "A radical transformation of the global food system is urgently needed" - UN SDGs, Paris Climate Agreement

• EAT Lancet Report
  • "Diet, human health, and environmental sustainability are inextricably linked."
## Project Drawdown
### Solutions by Rank (first 10 out of 100)

<table>
<thead>
<tr>
<th>Rank</th>
<th>Solution</th>
<th>Sector</th>
<th>TOTAL ATMOSPHERIC CO2-EQ REDUCTION (GT)</th>
<th>NET COST (BILLIONS US $)</th>
<th>SAVINGS (BILLIONS US $)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Refrigerant Management</td>
<td>Materials</td>
<td>89.74</td>
<td>N/A</td>
<td>-902.77</td>
</tr>
<tr>
<td>2</td>
<td>Wind Turbines (Onshore)</td>
<td>Electricity Generation</td>
<td>84.60</td>
<td>$1,225.37</td>
<td>$7,425.00</td>
</tr>
<tr>
<td>3</td>
<td>Reduced Food Waste</td>
<td>Food</td>
<td>70.53</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>4</td>
<td>Plant-Rich Diet</td>
<td>Food</td>
<td>66.11</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>5</td>
<td>Tropical Forests</td>
<td>Land Use</td>
<td>61.23</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>6</td>
<td>Educating Girls</td>
<td>Women and Girls</td>
<td>51.48</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>7</td>
<td>Family Planning</td>
<td>Women and Girls</td>
<td>51.48</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>8</td>
<td>Solar Farms</td>
<td>Electricity Generation</td>
<td>36.90</td>
<td>-$80.60</td>
<td>$5,023.84</td>
</tr>
<tr>
<td>9</td>
<td>Silvopasture</td>
<td>Food</td>
<td>31.19</td>
<td>$41.59</td>
<td>$699.37</td>
</tr>
<tr>
<td>10</td>
<td>Rooftop Solar</td>
<td>Electricity Generation</td>
<td>24.60</td>
<td>$453.14</td>
<td>$3,457.63</td>
</tr>
</tbody>
</table>
Of the less than 1% of freshwater available for human use, 70% of it goes toward growing food and raising animals.
Water Impact

• 80% of the world's population has unstable water sources that are threatened by availability, demand, and pollution

• Globally indigenous communities struggle to maintain access to clean water
Factory Farms

CAFOs: Concentrated Animal Feeding Operations

- Inhumane living conditions
- Excessive concentrated waste
- Health and economic impacts on surrounding communities
- Workers’ conditions

The EPA estimates that there are about 15,500 CAFOs in the U.S.
Social Impact

The social impacts of Climate Change are just as important as the environmental ones.

• Displacement Projections
• Food Security
• Food policy
• Mental Health
WashU: Food System Programs Resources
WashU's Food System

• 22,000 transactions everyday
• 30+ venues
• 4 Dining Providers
WashU's Vision

“To support a food system that **advances environmental** and **public health** while supporting a **strong local economy.**”
WashU's Progress

- **22% local food** in 2019, which exactly reaches the goal set to achieve in 2020.

- **18% ethical food** in 2019, which is **7% away** from the 2020 goal.

- **9% is both ethical & local** in 2019, which is 3% away from the 2020 goal.
  - **9%** is ethical, but not local
  - **13%** is local, but conventional.
How can you reduce your foodprint?

Pledge to eat vegetarian on Mondays
Green Monday

An *global movement* to urge consumers to consider how their *food choices* affect *public health* and the *environment*. © WUSTL Sustain
Meatless Myths

• “I can’t get my protein from vegetables.”
  **Busted:** Vegetables, grains, beans, fruits, nuts, and seeds *all have protein*

• “The food pyramid says that I need meat.”
  **Busted:** You need *protein*, not meat. Less meat reduces risk of cancer

• “Tofu is bad for you.”
  **Busted:** Tofu is healthiest when consumed closest to it’s natural state
Food Guide

SUSTAINABLE FOOD GUIDE

Downloadable from the OOS Website sustainability.wustl.edu
Local Food System

• Fresh produce travels an average of **1,500 miles** to get to your plate

• Less than **0.01%** of St. Louis regional cropland is used to grow food for people
Known & Grown STL

Supports and promotes farmers within 150 miles of St. Louis that use humane, chemical-free practices.

Resources:
- Local Food Locator
- Farmers market guide
- Local Food Guide
Green Dining Alliance

• **100+** Restaurants in St. Louis are certified members of the GDA.

• **15+** restaurants are located in the Loop or within walking distance of campus

• **2** GDA restaurants on campus: the Whittemore House and Ibby's
Grocery Shopping

Just because a product has a green label doesn't mean it is sustainably or ethically produced.

Grocery Stores Near Campus

United Provisions
Trader Joe's
*Schnuck's
*Dierberg's
*have soft plastic recycling
Community Supported Agriculture

Partnerhip between WashU & Local Farmer CSA

- Crop box filled with local produce, eggs, and more
- Pickup on Wednesdays (almost) on Danforth campus
- 3 box options
- Pricing: $20 + / box
Local Farmers’ Markets

Soulard Farmer's Market
- 38 min.
- 38 min.
- 16 min.
- Wed. + Sat. 8am - 5pm

U-City Farmer's Market
- 14 min.
- 19 min.
- 14 min.
- Sat. 9 am– 1 pm

Tower Grove Farmer's Market
- 14 min.
- 6 min.
- 19 min.
- Sat. 8 am– 12:30 pm

Boulevard Farmer's Market
- 19 min.
- 1 min.
- 1 min.
- Sun. 9 - 1
At Home
Cook
Preserve
Reduce waste
Cooking Tips

- Defrost frozen food
- Cut food into smaller pieces
- Cook in batches
- Keep rings clean
- Use glass baking dishes
- Simmer food rather than boil it
- Stagger pans and dishes in the oven
- Rice cookers, slow cookers, kettles

Roasted veggies are a great plant-based addition to any meal!
Ugly Food

Purchase produce and other food items with minor imperfections, that would otherwise go to waste

Customizable

• You choose between organic and conventional produce
• You can choose everything that goes in your box
Preventing Food Waste

- Separate bananas, apples, citrus, and tomatoes
- Fridge temp. 37° - 40° F and freezer temp. 0° - 2° F
- Untie bunches of herbs and greens
- Don't wash produce until you're ready to eat it
- Consider canning, freezing or preserving extra produce and bread
- Store leftovers in airtight containers
- Label all leftovers with the date

Leftovers don't have to be boring! The internet is full of creative recipes for spicing them up!
Connect with us!

• Subscribe to the sustainability newsletter for monthly news, events, and opportunities to get involved!

• clarasteyer@wustl.edu
• brianna.chandler@wustl.edu

• Social Media:
  @wustlsustain (Facebook, Insta, Twitter)