



BIOSPHERE
INSTITUTE OF THE BOW VALLEY

CLIMATE SOLUTIONS: PLANET-BASED EATING

How does the Earth
love you?



Bartley Kives · CBC News (Jun 10, 2019)

What even is a 'Carbon Footprint'?

"A **carbon footprint** is the **measurement** of the **total amount of greenhouse gases** (GHG) emitted to sustain a person's lifestyle and activities, both directly and indirectly. Carbon footprints are often quantified in equivalent tonnes of CO₂ over the course of a year and can be linked to a person, a business, a product, or an event, among many other things.

The production and use of fossil fuels, manufactured items, food, materials, roads, as well as transportation can all contribute to a carbon footprint."

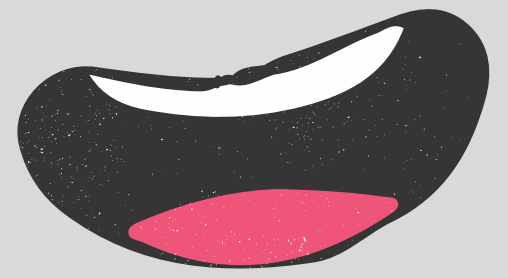
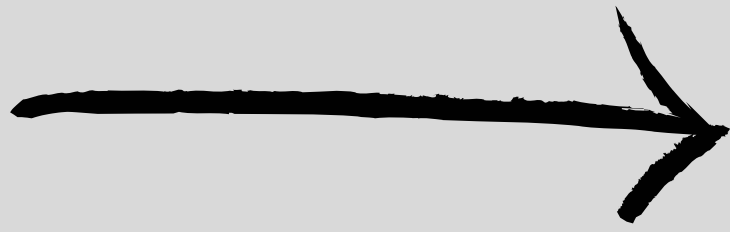
(climatecarbon.com, 2023)

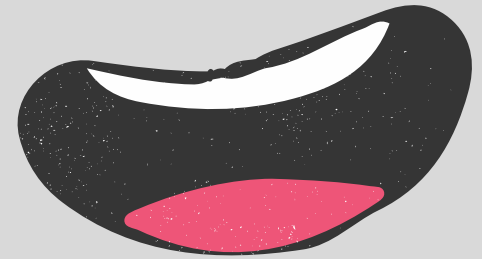
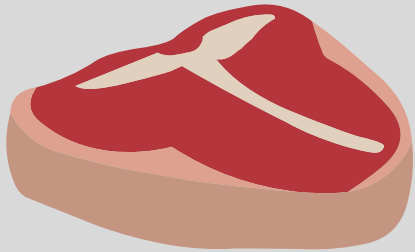
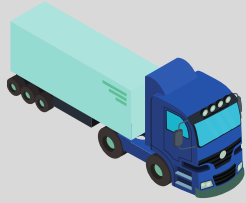
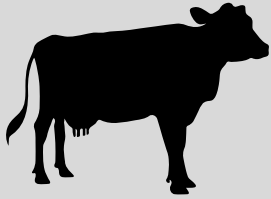
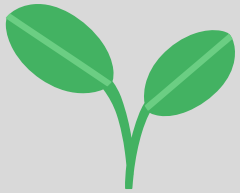
What even is a 'Green House Gas'?

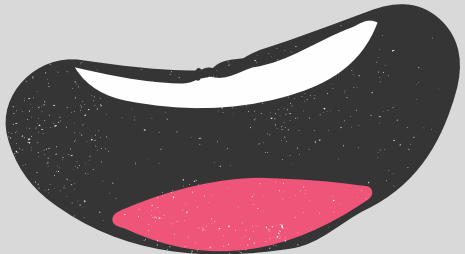
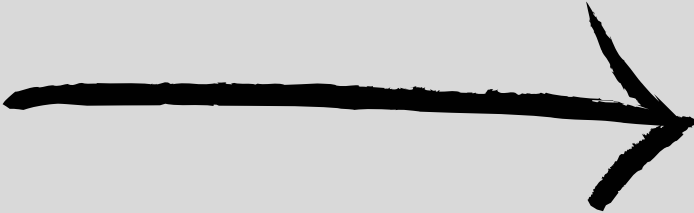
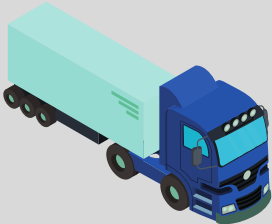
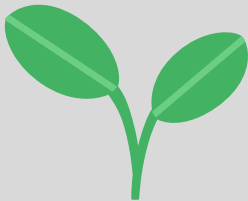
"Major greenhouse gases include **carbon dioxide, water vapor, methane, nitrous oxide, and ozone**. Too much of these greenhouse gases **accelerate the greenhouse gas effect**, which is **warming our planet** at an alarming rate."

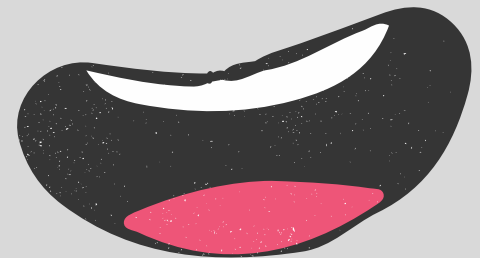
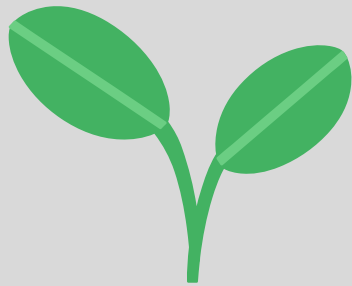
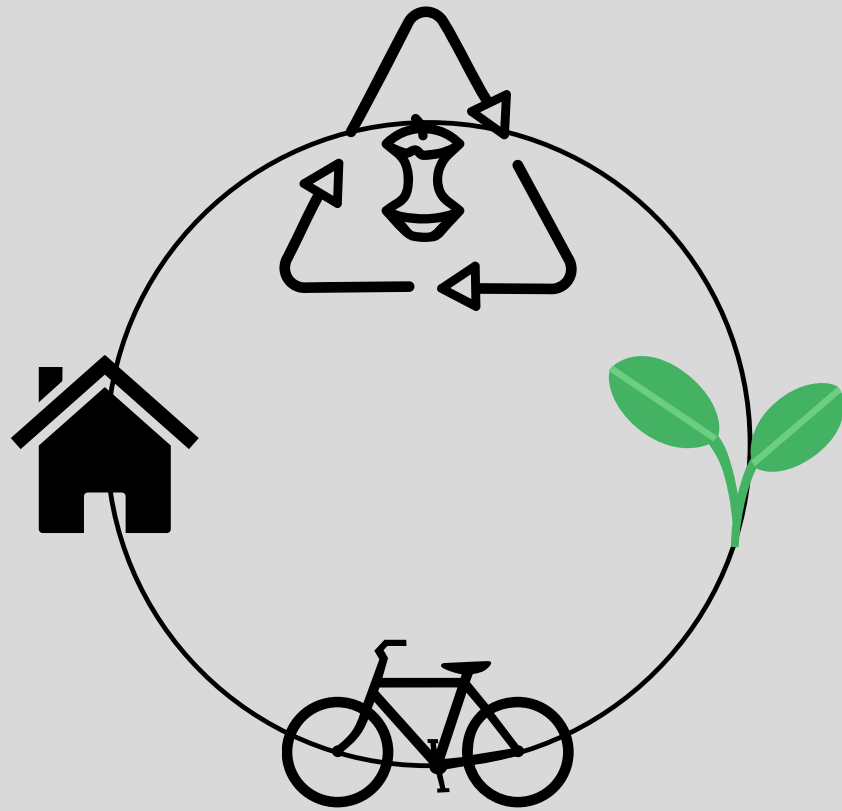
(Municipal Climate Change Action Centre, mccac.ca, 2023)





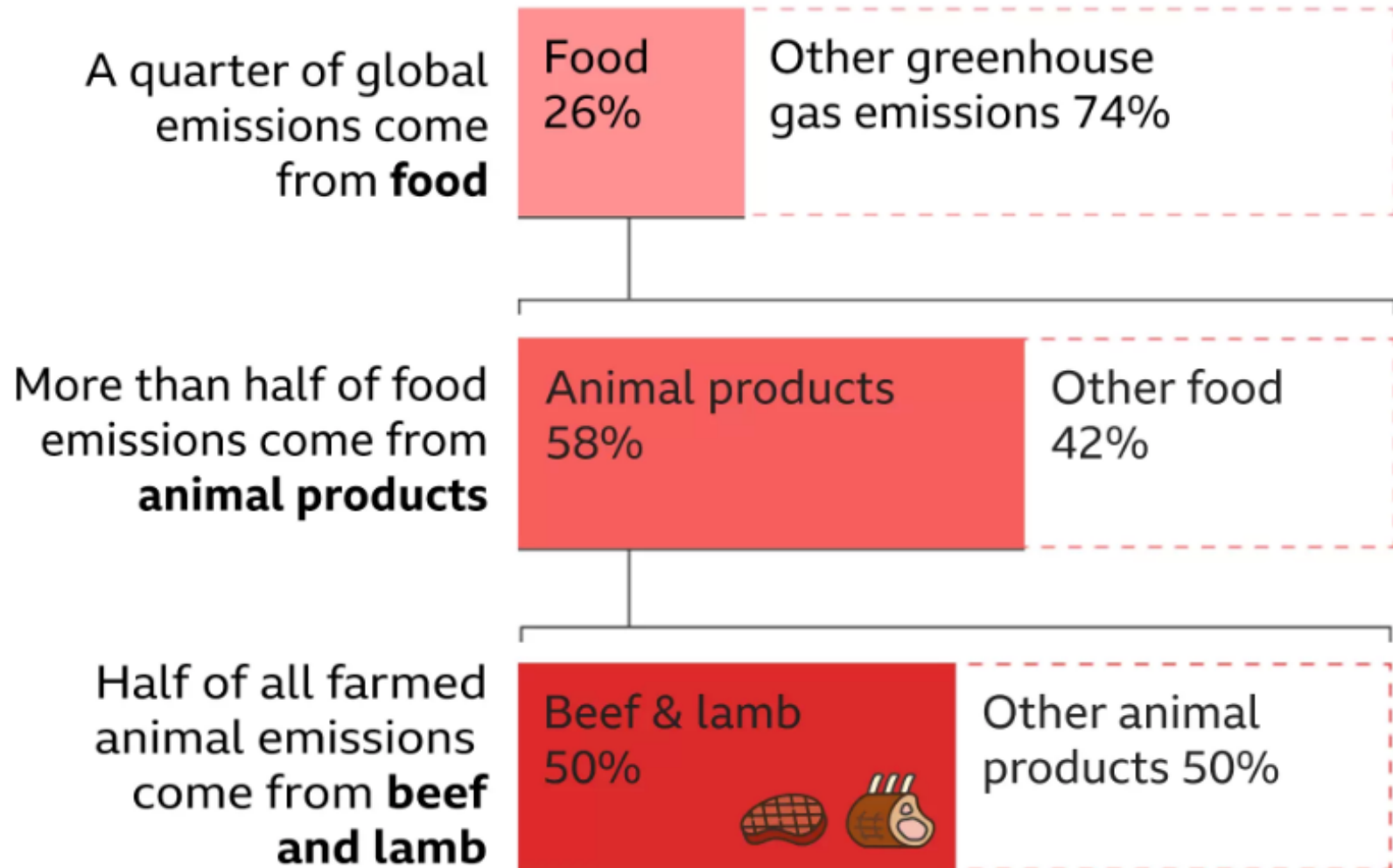






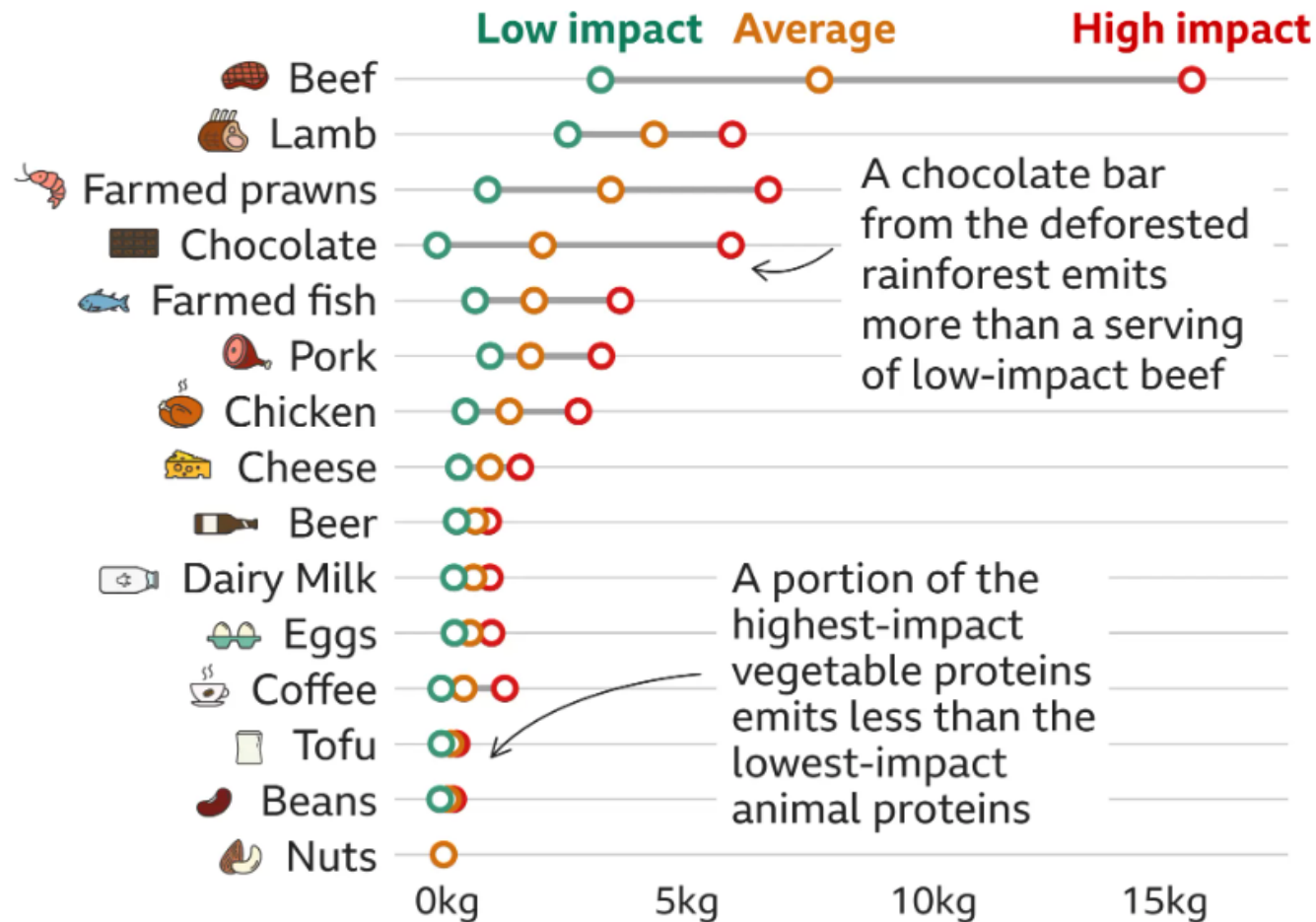
How much impact does food have?

Proportion of total greenhouse gas emissions from food



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

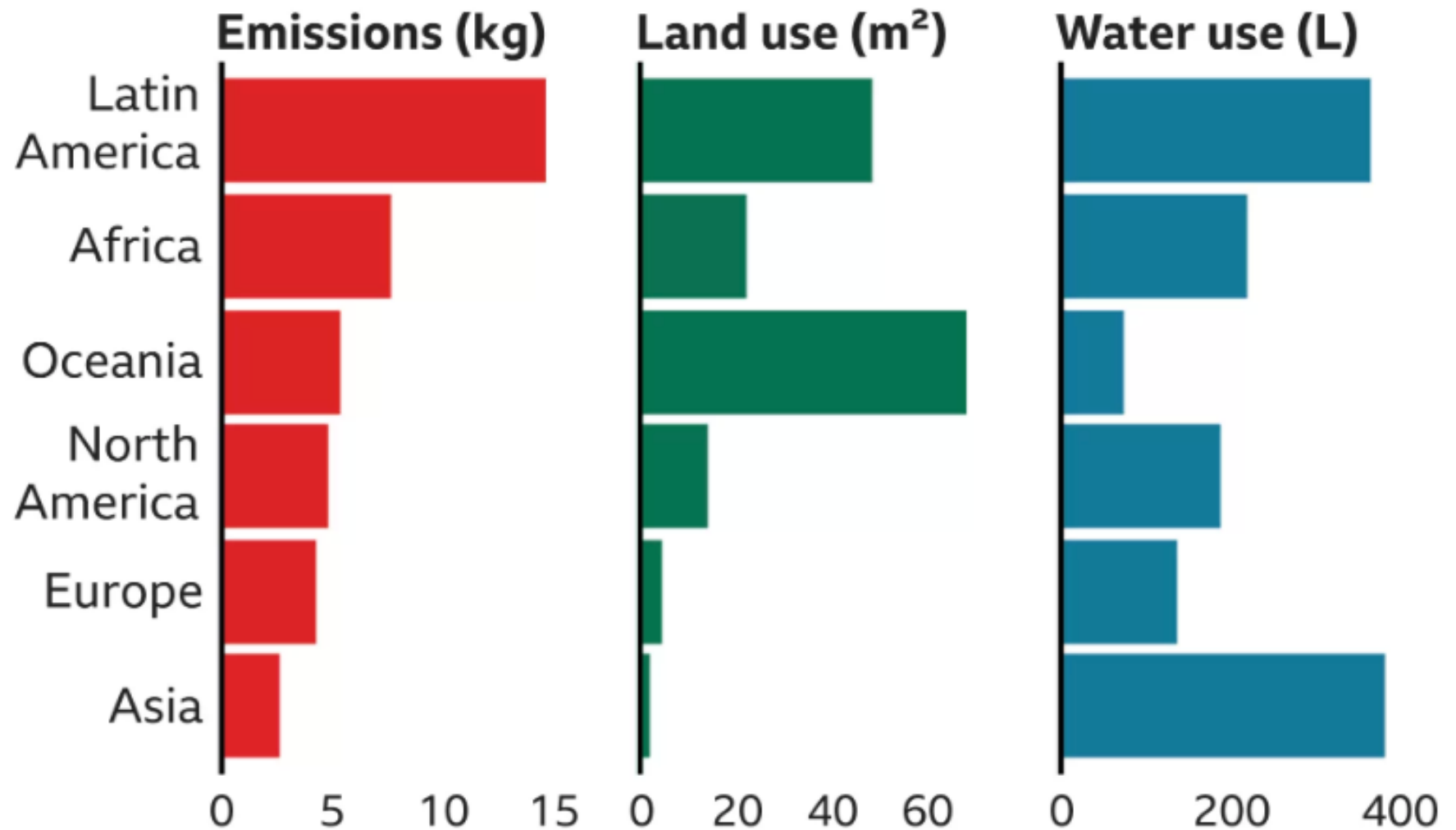
Kilograms of greenhouse gas emissions per serving



Note: The figures for each food are based on calculations from 119 countries. Serving sizes are from the British Dietetic Association (BDA) and Bupa.

The impact of beef is highest in Latin America

Environmental footprint of one serving of beef by region



Source: Poore (Oxford University)

BBC

Carbon FoodPrint

Created during the
2023 Gr.9 CRPS Career Exploration week by:

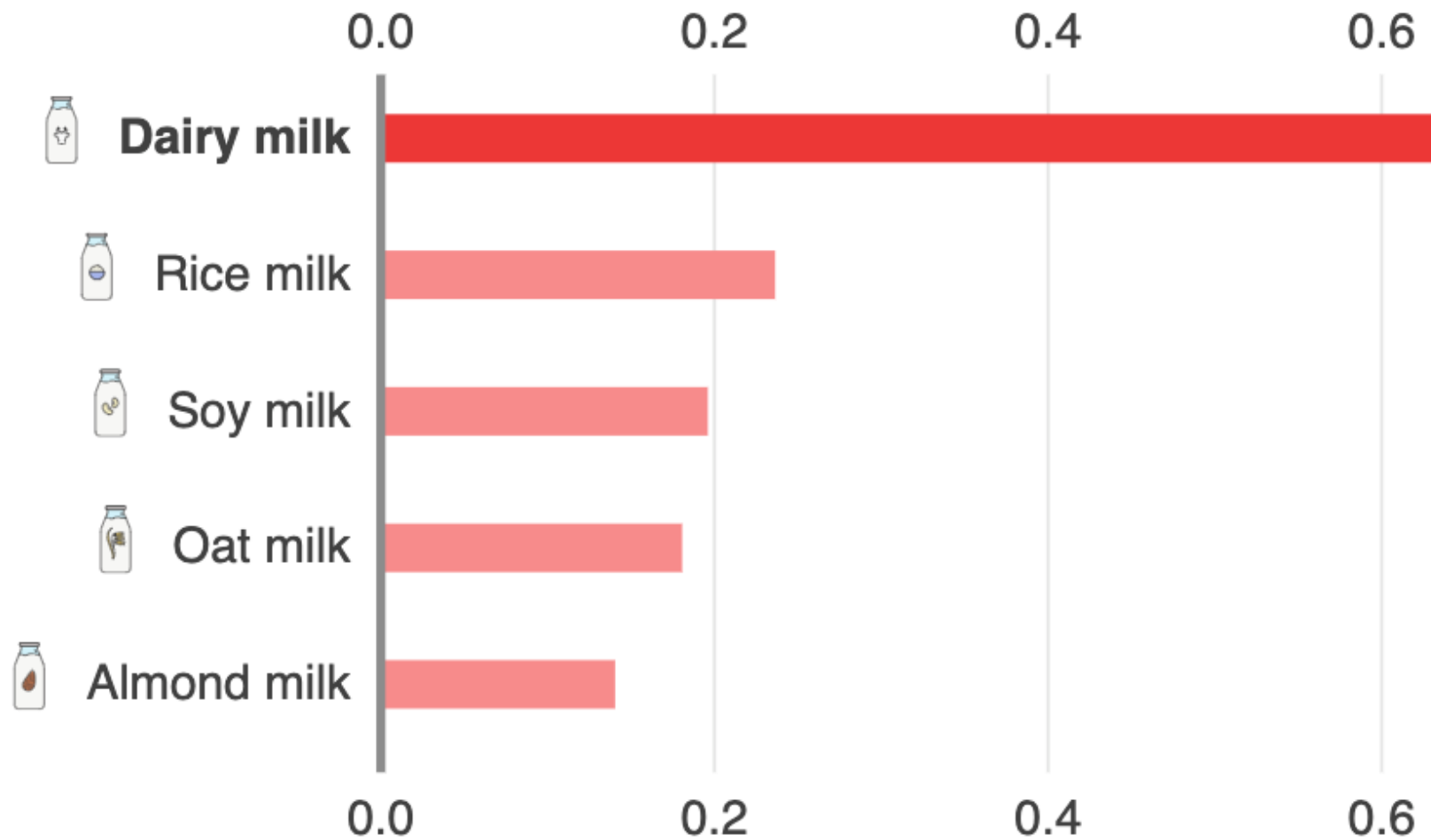
Nova Borggard and Lily Lynch



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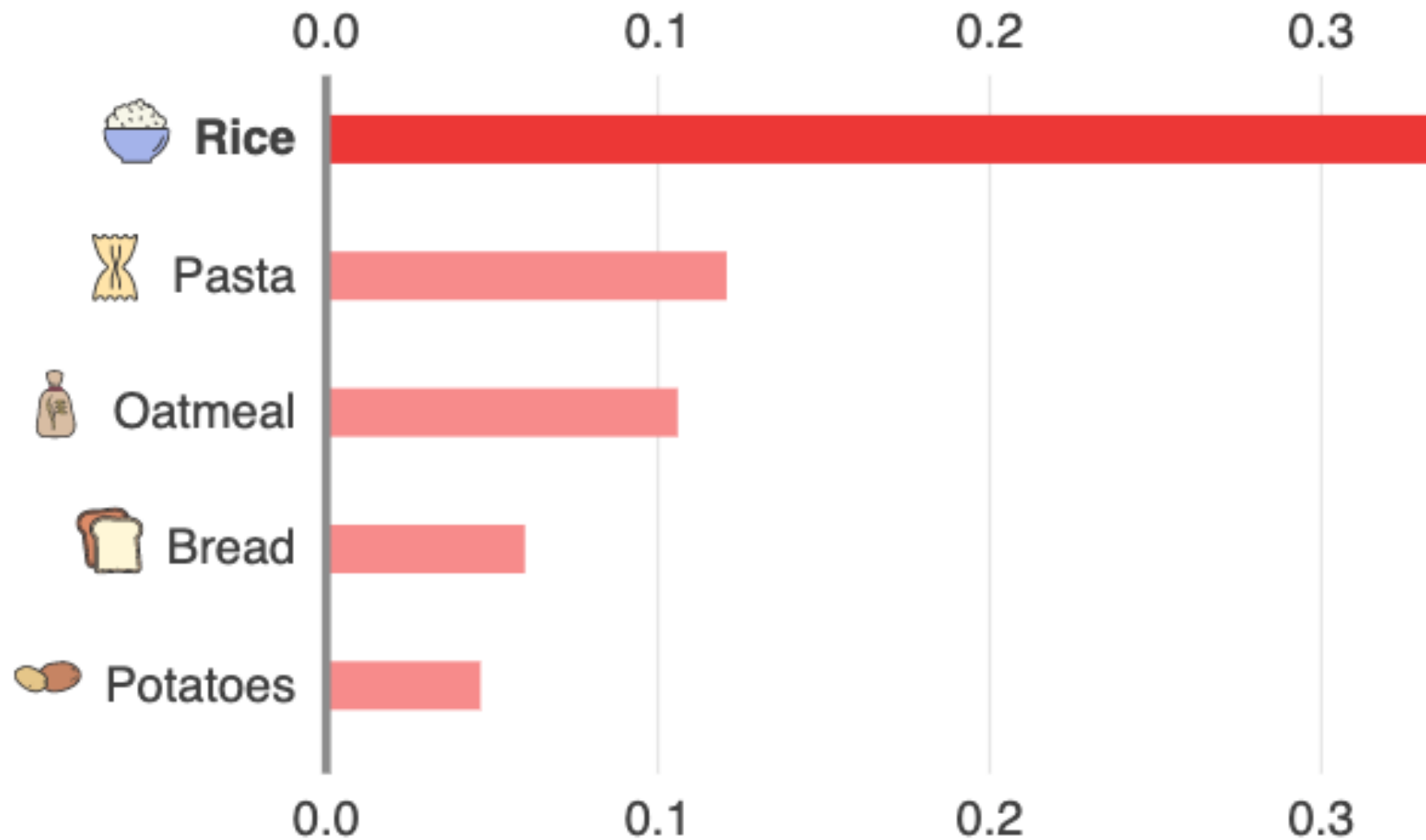
How milks compare

Kilograms of greenhouse gases per serving



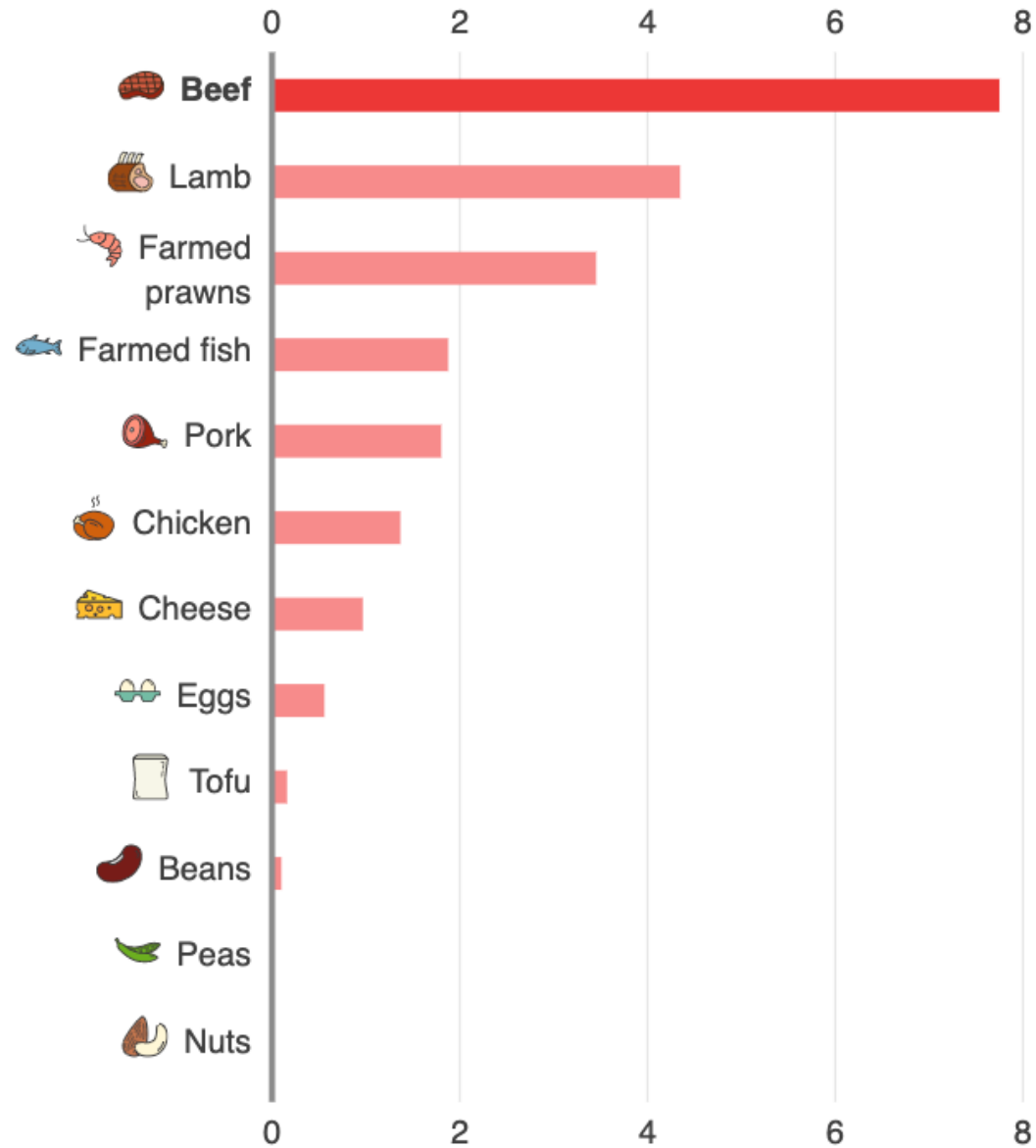
How starches compare

Kilograms of greenhouse gases per serving



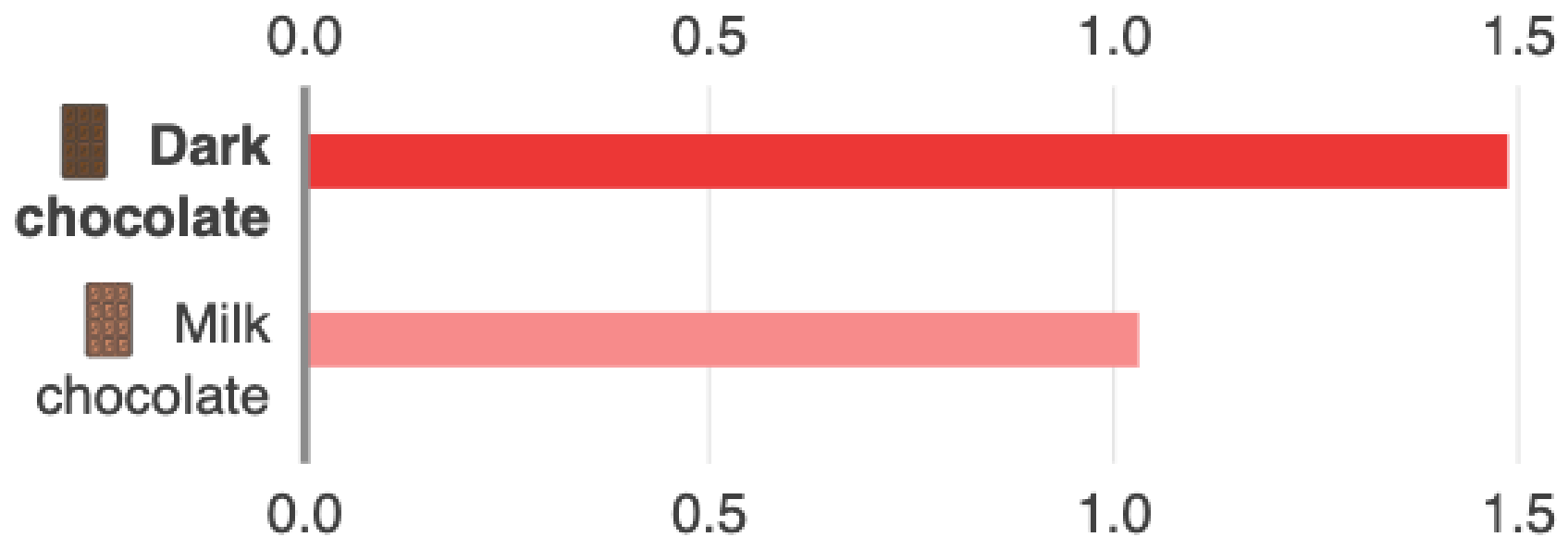
How proteins compare

Kilograms of greenhouse gases per serving



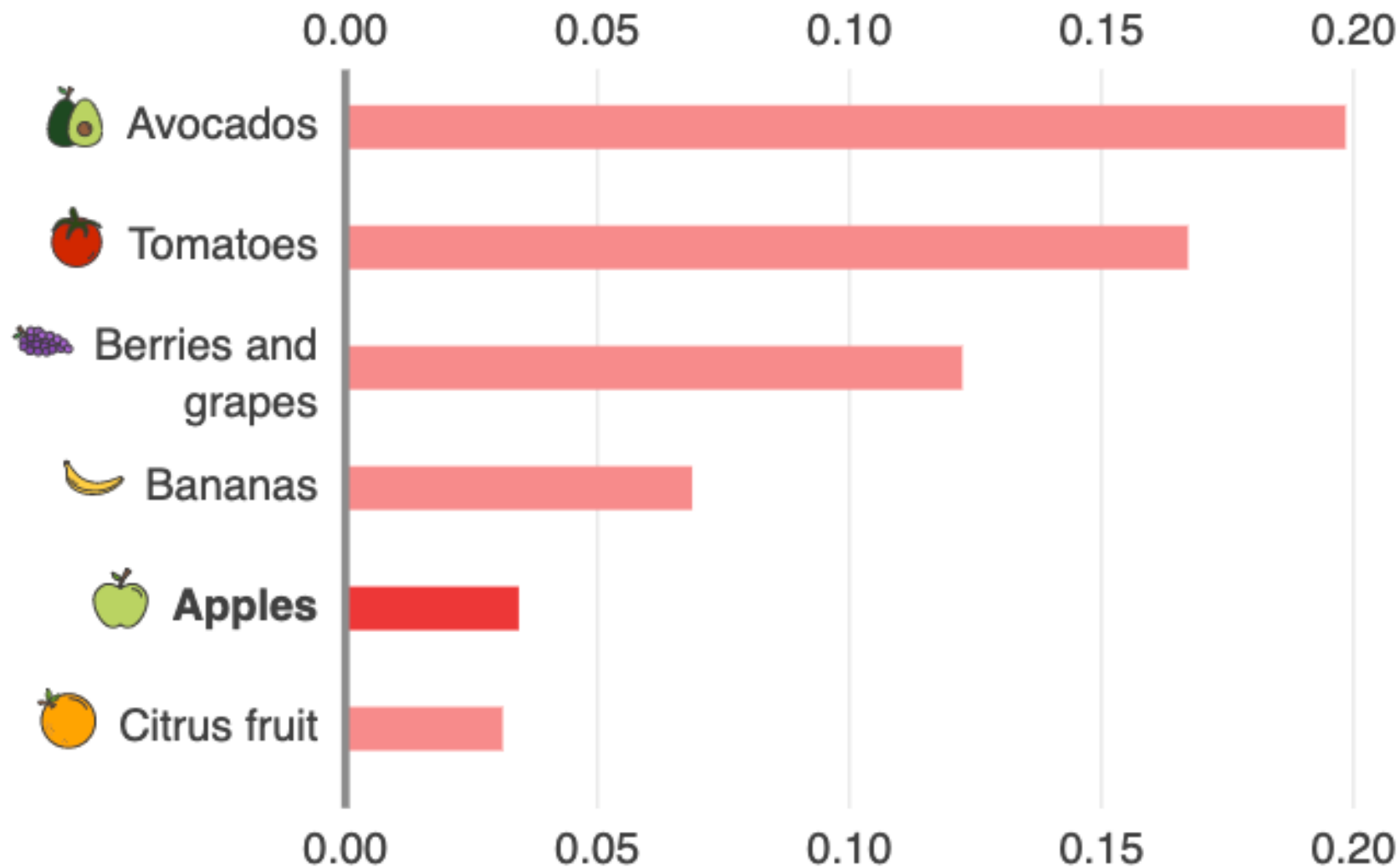
How chocolates compare

Kilograms of greenhouse gases per serving



How fruit & veg compare

Kilograms of greenhouse gases per serving



What is the carbon
FoodPrint of your
breakfast?







You are what you eat

THE FOOD CHOICES THAT ARE
GOOD FOR **YOUR HEALTH**
ARE ALSO GOOD
FOR **PLANET HEALTH!**





"I don't have to be perfect, I just need to try"

We're not asking for perfect!

80/20

We're asking for sustainable.

Aim to eat planet-based foods 80% of the time



"Food should be celebratory!"
-Bryant Terry, Chef and Author

PLANET-BASED EATING TIPS

- go meatless 1-2 days a week
- eat one plant-based meal a day
- grow your own herbs
- swap out dairy milk for oat milk
- take a photo of the brain bark recipe and try it!
- slow down and enjoy where your food comes from and the people who make it possible



PLEDGE for the PLANET

I pledge to . . .

- [*DO SOMETHING FOR MY OWN HEALTH*]
- [*DO SOMETHING FOR MY COMMUNITY'S HEALTH*]
- [*TRY THIS NEW PLANT-BASED RECIPE*]
- [*SHARE ABOVE RECIPE AND MY EXPERIENCES WITH THIS PERSON*]
- [*DO ANOTHER SOMETHING FOR MY OWN HEALTH*]

Name:

Date:



Signature:

Habits for Personal Health

Habits for Community Health

Homemade Date Choco-bars



Submitted by: Dawn Byford

Prep Time: 15 min Cook Time: 5 min Difficulty: Easy
Servings: Serves: 4 Source: Dawn Byford, C.H.N.C. ,
adapted from Paleoleap.com

Ingredients

- 1/2-3/4 cup dark chocolate, broken into pieces or one large Lindt dark chocolate bar chopped (70% or more cocoa mass)
- 12 medjool dates, pitted
- 1/4 cup or less of almond butter or other nut/seed butter of your choice
- Sea salt
- Description
- Satisfy your sweet tooth while being kind to your body and the planet. A staple in our freezer.

Directions

1. Slice date 1/2 open lengthwise, remove pit, then add 1/2-1 tsp almond butter to each date with a small spoon. Push together slightly to stick. Lay on parchment lined tray or plate.

2. To Melt the chocolate:

Preheat the oven to 325°F. Place the broken chocolate or chips on a parchment lined baking tray or shallow pan. Transfer to the oven and heat for 2-3 minutes max, or just until melted. Check after 2 minutes - they may not look melted until you take them out and stir them. Watch very carefully as the chocolate can burn or get "cakey" if over melted. Remove from the oven and stir to combine right on the tray.

3. Roll each stuffed date in the melted chocolate, making sure they are completely covered, and place back on the parchment lined plate. Keep them slightly separated from each other.

4. Lightly sprinkle with sea salt (optional) and place in the freezer for 20-40 minutes. Store and eat straight from freezer.

Enjoy!

Recipe Resources



Easy Eating Strategies to help the Planet



Go Meatless One day a Week

Make One Meal a Day 100% Plant-Based

Swap out Cow's Milk for a Non-Dairy Milk (soy, flax, oat, almond, etc.)

Eat Plant-Rich Whenever You Can



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- [*DO ANOTHER SOMETHING FOR MY OWN HEALTH*]

Name:

Date:



Signature:



WEBSITE REFERENCES

<https://www150.statcan.gc.ca/n1/pub/16-508-x/16-508-x2019004-eng.htm>

<https://www.bbc.com/news/science-environment-46459714>

<https://www.nourishlife.org/>

<https://climatecarbon.com/carbon-footprint-calculator/>

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<https://www.forksoverknives.com/recipes/>

<https://ohsheglows.com/>

<https://minimalistbaker.com/>

<https://rouxbe.com/>

TRY A PEDAL!

Please pedal one person at a time. Go slowly.
Do not flip the switch while pedaling.

Did you know?

For every watt drawn by an incandescent bulb, over 95 percent of the energy is wasted as heat. Most of the energy you're paying for is wasted every time you flip the switch.