

## TRAINING FICHE

### 05. HOW TO BECOME A MORE RESPONSIBLE CONSUMER OF FOOD

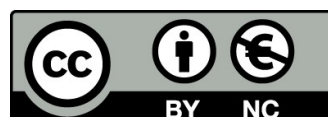
<b>Area</b>	Food
<b>Level</b>	ADVANCED
<b>Topic</b>	<div style="display: flex; align-items: center;"> <input type="checkbox"/> <span style="background-color: #90EE90; padding: 2px 10px;"> </span> </div> <div style="display: flex; align-items: center;"> <input type="checkbox"/> <span style="background-color: #6495ED; padding: 2px 10px;"> </span> </div> <div style="display: flex; align-items: center;"> <input type="checkbox"/> <span style="background-color: #FF00FF; padding: 2px 10px;"> </span> </div> <div style="display: flex; align-items: center;"> <input type="checkbox"/> <span style="background-color: #FFFF00; padding: 2px 10px;"> </span> </div> <div style="display: flex; align-items: center;"> <input type="checkbox"/> <span style="background-color: #FF8C00; padding: 2px 10px;">5. Tips and recommendations for a RC</span> </div>
<b>Module</b>	<div style="display: flex; align-items: center;"> <input type="checkbox"/> <span style="background-color: #90EE90; padding: 2px 10px;"> </span> </div> <div style="display: flex; align-items: center;"> <input type="checkbox"/> <span style="background-color: #6495ED; padding: 2px 10px;"> </span> </div> <div style="display: flex; align-items: center;"> <input type="checkbox"/> <span style="background-color: #FF00FF; padding: 2px 10px;"> </span> </div> <div style="display: flex; align-items: center;"> <input type="checkbox"/> <span style="background-color: #FFFF00; padding: 2px 10px;"> </span> </div> <div style="display: flex; align-items: center;"> <input type="checkbox"/> <span style="background-color: #FF8C00; padding: 2px 10px;">How to become a more responsible consumer of food</span> </div>
<b>Keywords</b>	Consumption habits – responsible consumption – local food – organic food – traditional diets – moderate consumption
<b>Citizens as the core agents of change on (area) (500-1000 characters including spaces)</b>	<p>The main changes in habits and behaviours on food to have a more responsible consumption are:</p> <ul style="list-style-type: none"> <li>• Eat local: Although not all goods are available locally, a surprising number are. Farmers markets and CSA (consumer-supported agriculture) organizations are sprouting up in historic numbers, making it simpler than ever to buy locally. This drastically reduces fossil-fuel usage, helps local farmers, and restores the</li> </ul>

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feeling of community that has been completely lost in a world of McDonald's and Walmart.

- Eat organic: Organic agriculture, while not a panacea, avoids or limits the use of synthetic fertilizers and pesticides. This minimizes not only the number of poisons discharged into the environment (and our bodies), but also the amount of fossil fuel required to produce those compounds. Unfortunately, most of these savings might be lost if organic fruit is delivered large distances. When given the choice between local and organic, local is almost always preferable.
- Eat Less meat: While the majority of the world's population now follows a vegetarian or near-vegetarian diet, residents in developed countries consume large amounts of animal protein.

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**Tips and recommendations**  
**To do / Not to do**  
**(2000-3000**  
**characters including**  
**spaces)**

Grains, vegetables, legumes, seeds, and fruits are often far more energy efficient than animal-based foods. Raising animals needs massive amounts of water and energy.

A pound of beef needs between 2,500 and 5,000 gallons of water to produce. A factory-raised cow will have ingested around 284 litres of fertilizer by the time it is butchered. Beans, on the other hand, take only 4% of the energy required to generate their caloric equivalent in beef.

Aside from consuming a lot of energy and water, intensive livestock operations are one of the primary drivers of water pollution owing to the vast volumes of animal waste produced each year.

Livestock generates 130 times the amount of excrement that people do, which is frequently tainted with poisons and antibiotics.

The lucrative meat industry has resulted in considerable deforestation in developing countries to clear land for ranches.

A football field's worth of tropical rainforest is destroyed every second to generate the equivalent of 257 hamburgers. Reducing our meat consumption might have a surprise positive impact on the environment.

Some recommendations for responsible consumption in food:

- Adopt a healthy diet based on fresh products and avoid ultra-processed ones.
- Reduce meat consumption, which has a much higher water and carbon footprint than their equivalent vegetal proteins.
- Buy your products in local markets, preferably traditional, and not in supermarkets and large stores.
- In addition, choosing local products and typical varieties and you will help preserve the diversity and culinary tradition of your region.

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	<ul style="list-style-type: none"> <li>• Moreover, buy the products in their ideal season: they will be cheaper and tastier, and you will reduce transport impact.</li> <li>• Use traditional and homemade preservation techniques, such as salt, vinegar, heat, avoiding chemical preservatives and additives.</li> <li>• Preferably buy products in bulk and bring your own bags and packaging elements to the market.</li> <li>• Shop often enough to avoid long-term storage, refrigeration or food spoiling.</li> <li>• Learn to cook, it's creative, self-careful, a rewarding and healthy task: you will know what you eat and how has it been prepared.</li> <li>• Do not throw food, use leftovers for cooking and take the leftover portions from the restaurant.</li> </ul>
<b>Language</b>	English
<b>Partner</b>	IDP
<b>Further references</b>	<a href="https://graduateway.com/factors-that-influence-food-habits-and-culture/">https://graduateway.com/factors-that-influence-food-habits-and-culture/</a> <a href="https://www.fao.org/sustainability/en/">https://www.fao.org/sustainability/en/</a> <a href="https://www.ecoandbeyond.co/articles/food-sustainability/">https://www.ecoandbeyond.co/articles/food-sustainability/</a> <a href="https://www.sustainablejungle.com/sustainable-food/sustainable-food-systems/">https://www.sustainablejungle.com/sustainable-food/sustainable-food-systems/</a>

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