

SUSTAINABILITY OF A VEGETARIAN DIET

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Vegetarian Diet

Livestock Production requires:

- 167 Million pounds of pesticide (3)
- 17 Billion pounds of nitrogen fertilizer (3)
- 149 million acres of cropland (3)
- 35 gallons of oil per cow (2)

Effects:

- Contributes to deforestation
- Produces greenhouse gases
- Cattle ranches are largest source of water pollution (1)
- Methane from cattle is estimated to generate 20 % of overall U.S. methane emissions (3)

Organic Diet

Pros (2):

- No pesticides or chemicals used
- No nitrogen runoff seeping into and polluting the soil
- No chemical runoff polluting waterways

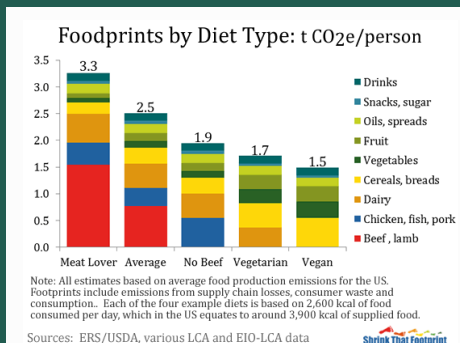
Cons (2):

- uses as much fossil fuels as non-organic
- organic farmers burn more fuel transporting compost to use as fertilizer than their non-organic counterparts

SHIPPING CARBON: CO2 EMISSIONS FROM THE TOP 4 TRANSPORT METHODS



Source: <http://www.cookstowntogreens.com/site/blog/2017/02/05/why-is-local-food-more-expensive>



Global vs. Local: Political Impacts

- WTO and World Bank forced countries to dismantle their local food economies to become export based economies; exporting what they produce and importing what they need (4)
- Nutritional apartheid is being created as the south's land is being used to (4) grow produce to ship to the north and leaves the people of the south dependent on imports (4)
- Long distance globalized food systems contribute to greenhouse gas emissions because everything is imported and exported (4)
- Imports are a direct result of free trade agreements- transport accounts of 1/8th of oil consumption and a lot of it is for the transport of food (4)

1. Calderone, Julia. April 01, 2016. "The Most Effective Thing You Can Do to save the Planet Is Shockingly Simple." *Business Insider*. <http://www.businessinsider.com/is-eating-meat-bad-environment-2016-3>

2. Pollan, Michael. 2006. *The Omnivores Dilemma: A Natural History of Four Meals*. New York City, NY: Penguin Books.

3. Scheer, Roddy, and Doug Moss. "How Does Meat in the Diet Take an Environmental Toll?" *Scientific American*. <https://www.scientificamerican.com/article/meat-and-environment/>.

4. Shiva, Vandana. 2008. *Environmental Justice in the Age of Climate Crisis*. Berkeley, California: North Atlantic Books.