

SUSTAINABLE FOOD CONSUMPTION JOURNEY WITH SUSCOF PROJECT

LEARNING TRAIL

Sustainability and Food Consumption



Learning Trail 2

More about food, society, and
sustainable development

TAKE A LOOK!

WORLD FOOD SYSTEMS FACE SOME CHALLENGES

Inequality:



Inequality:

- Many people still go hungry, although we are producing more food than ever.

WORLD FOOD SYSTEMS FACE SOME CHALLENGES

Inequality:



- Many people still go hungry.
- Food price impacts food security and wellbeing – in poorer areas people spend 50-80% of their income on food.
 - They are highly exposed to price volatility.

Food loss and waste

WORLD FOOD SYSTEMS FACE SOME CHALLENGES

Roughly 30% of the food produced worldwide is lost or wasted every year.



WORLD FOOD SYSTEMS FACE SOME CHALLENGES

Climate Change:



Food systems rely on natural resources, which are extremely vulnerable to rapidly changing climatic conditions.

WORLD FOOD SYSTEMS FACE SOME CHALLENGES

Wide-scale
ecosystem change

Food production itself has caused
wide-scale damage to ecosystems.



World Food Systems face
some challenges

INEQUALITY

CLIMATE CHANGE

FOOD LOSS AND WASTE

ECOSYSTEM DAMAGE

And:

Our food habits are part of the
problem

OUR FOOD HABITS ARE PART OF THE PROBLEM

Want to calculate your personal FOODPRINT? [\[CALC\]](#)
Or continue the Learning trail

FOOD CONSUMPTION

Did you know...

Our food
consumption habits
have

economic



health-related



ecological



social



impact

FOOD CONSUMPTION

Did you know...

Our food
consumption habits
have impact

About 2 billion
people do not
have regular
access to safe,
nutritious or
sufficient food.
(UN, 2020)



FOOD CONSUMPTION AND HEALTH

Our food consumption habits have impact

- Obesity is a huge and fast-growing global health problem, placing a growing burden on health care.
- 2 billion people are overweight and 30% of them are obese (WHO, 2018)

Today, as many people in the world are obese as are undernourished. (WHO, 2021)

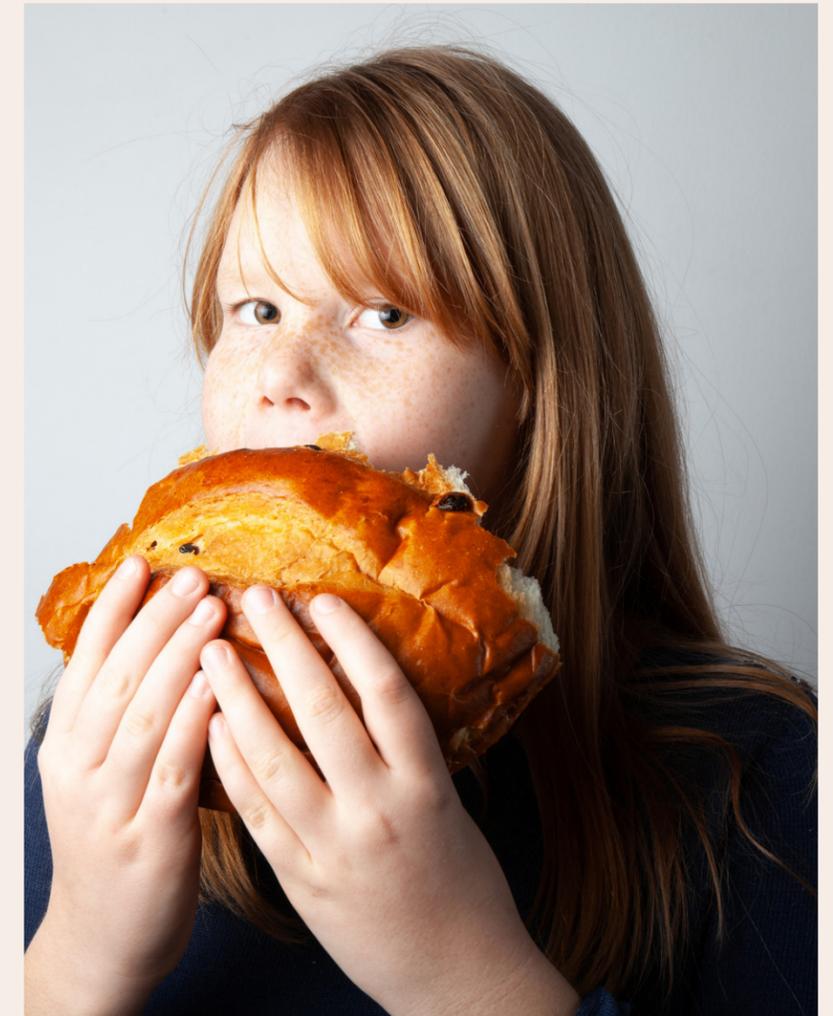


FOOD CONSUMPTION AND HEALTH

Obesity: often linked to excess calories PLUS
undernourishment

Other common food-related health problems:

- cardiovascular disease
- diabetes



FOOD CONSUMPTION AND HEALTH

WHAT'S WRONG WITH OUR
EATING HABITS?

- High intake of saturated fat
- High intake of sugar
- Low consumption of vegetables and fruit
- High intake of salt
- Too many calories



FOOD CONSUMPTION AND HEALTH

TOO MANY CALORIES

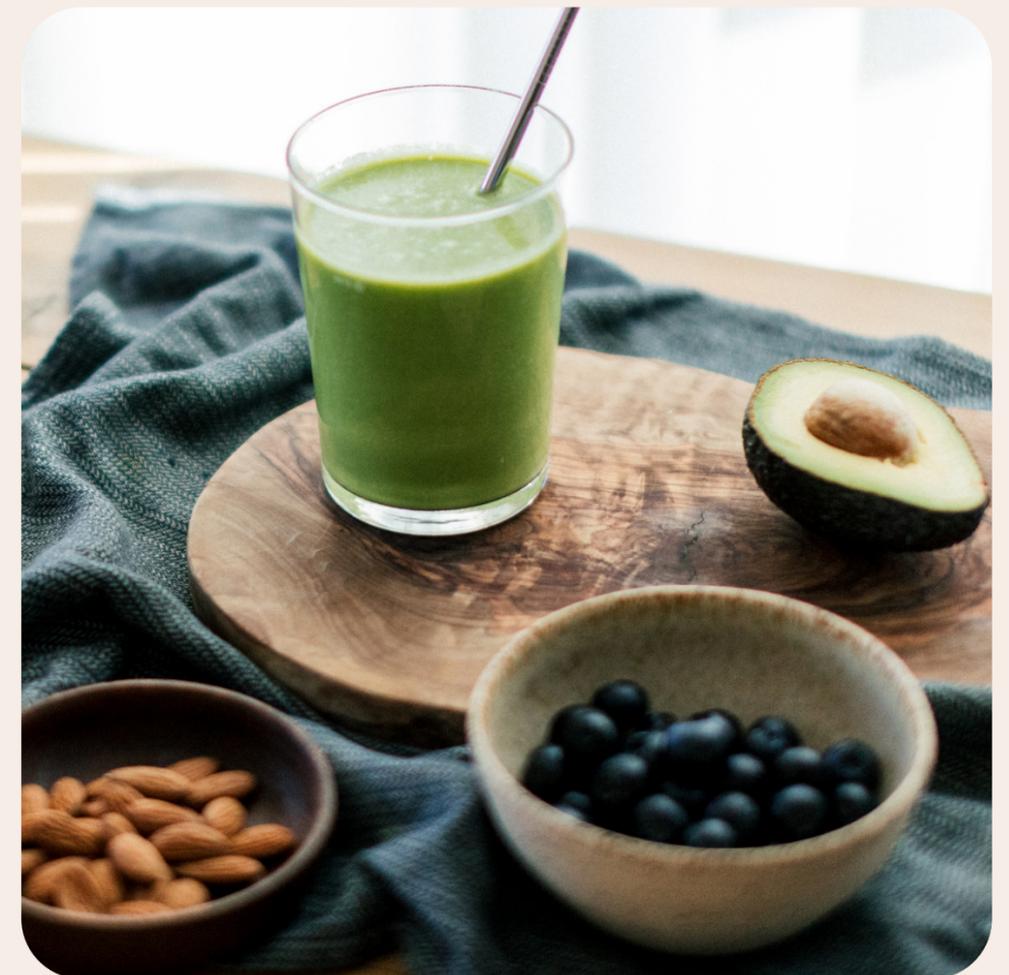
- Most of us NEED around 2,000 kcal per day.
- A typical hamburger menu gives more than half the daily calories required.
- People in Europe generally consume a LOT more than 2,000 kcal per day.
- This is not sustainable!



A SUSTAINABLE DIET

A sustainable diet

- Has low environmental impact
- Contributes to food and nutrition security
- Contributes to a healthy life for present and future generations



DESTROYING OUR OWN HABITAT

- Food consumption accounts for almost one-third of households' total environmental impact (EEA, 2015).
- We already mentioned climate change and ecosystem damage, which includes loss of biodiversity.
- Equally important are soil degradation, water pollution, and water scarcity.





FOODPRINT TIME!

A carbon footprint is the total amount of greenhouse gases (including carbon dioxide and methane) that are generated by our actions.

The majority of the food products with high carbon footprints are animal products. Grains, fruit and vegetables have in general a much smaller carbon footprint.

Let's calculate your foodprint!

<https://foodprint.org/what-is-foodprint/>

CONGRATULATIONS!



Good job! You have completed the Learning Trail 2.

If you'd like more, test yourself with the quiz.

QUESTION 1. HOW MANY CALORIES

How many calories does an adult need each day, on average?

2000

2500

3000

QUESTION 1. HOW MANY CALORIES

Answer

How many calories does an adult need each day, on average?

2000

QUESTION 2.

- What do you know about beef?
 - A. Beef should be avoided, it's a 'climate villain'
 - B. Beef is good for climate and environment but ONLY if it's been raised naturally: grass-fed and organic
 - C. On average we eat more meat than is healthy

QUESTION 2.

- If your answer...

A. Beef should be avoided, it's a 'climate villain'

No! But it depends on how it's raised

B. Beef is good for climate and environment but ONLY if it's been raised naturally:
grass-fed and organic

Yes! You got it.

C. On average we eat more meat than is healthy

True. And: see also B.

QUESTION 3. ON YOUR PLATE

Your foodprint
gets smaller if you
eat lots of

- A. Locally grown, seasonal vegetables
- B. Organic food

QUESTION 3. ON YOUR PLATE

If your answer...

A. Locally grown, seasonal vegetables

Absolutely. Often root vegetables in winter...

B. Organic food

Possibly. It depends on whether or not it's in season.



The SUSCOF project is a European Union project n. 2018-1-TR01-KA204-058739 supported by the Turkish National Agency. The aim of the project is to investigate and change the behavior of adults on food consumption and to raise awareness about sustainable food consumption.

We welcome you to our website and MySusCoF mobile app for detailed information and enriched content.

www.suscof.com

Funded by the Erasmus+ Program of the European Union. However, the European Commission and the Turkish National Agency cannot be held responsible for any use which may be made of the information contained therein