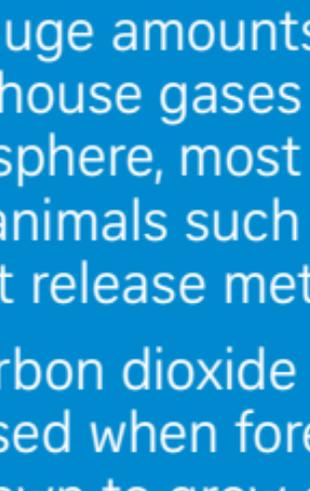


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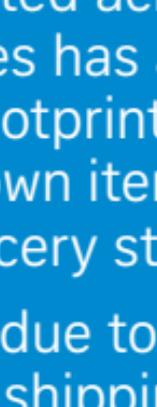
## ways to eat for the planet



### **EAT LESS MEAT**

- Meat production releases huge amounts of greenhouse gases into the atmosphere, most directly from animals such as cows that release methane.

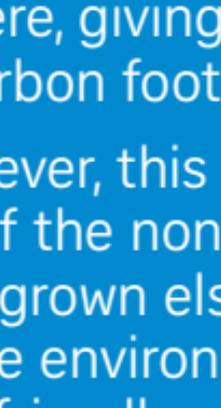
- Carbon dioxide is also released when forests are cut down to grow crops to feed these animals.



### **EAT MORE LOCAL PRODUCE**

- Produce that is transported across vast distances has a bigger carbon footprint than the locally grown items in your grocery store.

- This is due to the fuel used for shipping, flying and refrigeration.



### **EAT MORE SEASONAL PRODUCE**

- Purchasing food that is not in season means that it must be transported from elsewhere, giving it a larger carbon footprint.

- However, this could be offset if the non-seasonal food is grown elsewhere in a more environmentally friendly way.



### **STOP WASTING FOOD**

- Food wastage contributes to carbon emissions because unconsumed food that is discarded represents wasted production, transportation and storage.

- Singapore generated more than 800,000 tonnes of food waste last year.



### **EAT LESS SHRIMP**

- Shrimp farming destroys mangrove forests, which store large amounts of carbon and also protect shores from erosion.

- Shrimp farming has also been linked to poor working conditions for labourers akin to, in some cases, slavery.



### **EAT LESS PACKAGED, HIGHLY PROCESSED FOOD**

- Packaged foods come with large amounts of non-degradable wrapping, which comes with its own carbon footprint through production and incineration.

- One should also cut down on bottled drinks, single-use utensils and plastic straws.



### **BE MORE CONSCIOUS OF FOOD CHOICES**

- Food is such a basic part of our lives that we take for granted, but we should think deeply about where it comes from and how we impact the planet with what we buy.

- Make it a fun activity with friends and family.