

## Why Eat Local Whole Foods Lower on the Food Chain?

According to David Suzuki, “Canadians eat more than twice as much meat as the global average, and this has serious environmental impacts”, such as:

- *Roughly one-fifth of the world's land is used for grazing. That's twice the area used for growing crops. Much of this land once provided habitat for flora and fauna before being cleared for livestock.* (<http://www.dauidsuzuki.org/NatureChallenge/newsletters/Two.asp> current as of 11/2009)
- *Feedlots cause water pollution. Nearly 21 per cent of the average Canadian's contribution to common water pollution is caused by meat consumption from high-density farms. By designating just one "meat free" day a week you'll help reduce common water pollutants by as much as 21 kilograms annually.* (ibid.)
- *Meat production requires more water than raising crops. For example, 283 grams (10 oz) of beef require 85 times more water to produce than the same amount of potatoes.* (Ibid)
- *What's good for the earth can also be good for you! Reducing meat consumption lowers the risks of heart disease and stroke. Eating more vegetables, fruits, whole grains and legumes improves your cardiovascular health and reduces the risks of obesity, diabetes and cancer.* (Ibid)
- *By eating organically produced food, lower on the food chain and limiting consumption of animal fat we can lower our risk of cancer-causing chemicals.*  
(Sierra Club of Canada: <http://www.sierraclub.ca/national/programs/health-environment/pesticides/breast-cancer-pesticides.html> and  
Environment Canada: <http://www.cbin.ec.gc.ca/education/2.cfm?lang=eng> Current as of November 13, 2009 )
- *Eat fewer processed foods & buy in bulk:* Processed foods are highly overpackaged in materials that are generally composed of non-degradable substances which pollute the environment, use toxic chemicals, and consume vast amounts of fossil fuels in their production. By buying in bulk you reduce the amount of packaging per unit item, especially if you can reuse containers and bags. This minimizes the amount of plastic waste polluting our environment. (Ibid: Environment Canada)
- *Eat local:* Purchasing locally-produced food benefits biodiversity (and reduces Climate Change Gasses) by reducing the pollution which is generated in the shipping of food around the globe. It also encourages local food production of varieties suited to your area. Eating local is safer, as food grown in other countries is under different regulations regarding the use of chemicals, some of which may be banned in Canada due to their known adverse health affects. (Ibid: Environmet Canada)
- *It takes 20,000 calories of fossil fuel to produce 500 calories of beef* (Moore Lappé, Frances, *Diet for a Small Planet*, revised edition, Balantyne Books, 1982)
- *To produce one pound of beef protein, it takes 11,356 - 56,781 L of water, while it takes 4031 L to produce 1 pound of Soy protein and 5640 L to produce 1 pound of Corn protein.* (ibid)
- *Water for a 10,000 Head Feedlot:* A feedlot steer drinks about 10 gallons of water per day and a 10,000 head feedlot at 75% occupancy would require about 27 million gallons of drinking water per year. At 100% occupancy (an over-estimation) it works out to 36.5 million

gallons. (Taken from an Article at [www.irrigationsaskatchewan.com/](http://www.irrigationsaskatchewan.com/) current as of November 13, 2009)