



*Science for Stewardship and Human Wellbeing*

## Food and Global Warming: The “Hotspots”

### What the research tell us...

#### Highest energy and greenhouse gas emissions are associated with:

- Livestock-related methane and nitrous oxide emissions
- Synthetic nitrogen fertilizers
- Heated greenhouse production
- Air freight
- Post-retail, consumer transport to shopping
- Food waste and multiple points in the supply chain

### Eating/ Purchasing Practices leading toward a Low Carbon Lifestyle

- Eat less meat (ruminants—animals that chew their cuds: cattle, sheep)
  - Reduce portion sizes; get it out of the center of the plate; make it a condiment
  - Eat meat less often
  - Change the type of meat you eat to pork, chicken, fish
  - Eat more whole grains and fresh/minimally processed fruits and vegetables
- Support farmers using less synthetic fertilizers
- Avoid foods produced in heated greenhouses
  - Eat foods in season
- Avoid air-freighted foods
  - Buy those transported by other means
  - Plant a garden
- Walk, bike, take public transportation or share rides to food shopping
  - Make a list and shop once/week
- Waste less food or Eat what you buy
  - Compost food scraps

For more information, please contact Gail Feenstra, food systems analyst, ASI,  
[gwfeenstra@ucdavis.edu](mailto:gwfeenstra@ucdavis.edu)

- A “carbon footprint” is only ONE aspect of a more sustainable food system. Other very important criteria include: Knowing/ trusting the person you buy food from; Supporting local farmland preservation; Taste, quality of food; Ethical dimensions: fair wages paid to farmworkers.