

Call to Action

Habits:

- Look into the [Planetary Health Diet](#) for more environmentally conscious meals.
- Cooking: Use leftovers creatively. Canning/freezing/fermenting. Focus on seasonal produce.
- Buy from your local farmers (reduce food miles).
- Transition to [plant-based milk alternatives](#), or better yet: make your own!
- Compost- there are even [indoor options!](#) Or investigate what options there are in your local community (ex. [food scraps drop off/collection site](#)).
- Do you know what [food labels and sell-by dates](#) actually mean?

Resources:

- Documentary: [The need to grow, Kiss the ground](#)
- Books: [Wizard and the Prophet](#), [We Are the Weather: Saving the Planet Begins at Breakfast](#), [How We Eat](#), [Tomatoland](#)
- App: [Too Good to Go](#) (fighting against food waste)

Get Active:

- Volunteer at a food bank & [stay informed](#) about the food situation in your region.
- [Fight against food deserts](#).
- Write to your legislators.
- [Don't plant a lawn, grow your own food](#).
- Champion an event or create an organization/foundation

Business:

- Business owners/CEOs: take on a more human-focused culture in lieu of a “grind” culture (ex. allow time to cook meals instead of resorting to takeout or processed foods).
- Supplier of fruits and vegetables: Have you heard about [apeel](#), to increase the shelf life of fresh produce?
- Integrate sustainable aspects at corporate/YPO events (limit food waste and other waste).

Road Map

Reduce Food Waste at Home:

Food for thought: Where does your uneaten food end up: in landfills, down the drain (garbage disposal, USA), or is it used to make biogas/compost?

- Action: [Plan out meals](#), [store food properly](#), and use leftovers creatively to minimize waste.
- Resources: Instagram accounts worth following: @plantyou, Carleigh Bodrug has instructional videos & a guidebook to “scrappy cooking” (i.e. plant-based, low waste cooking, repurposing your food scraps) or @ [spicymoustache](#) who is all about growing food, foraging & low waste cooking.
- Action: Have some fun! Have a Food Network “Chopped” inspired dinner. Get your kids/friend/partner involved and make a meal out of whatever you have at home (“mystery basket of ingredients”).
- Resources: FAO - "Food wastage footprint" report. <https://www.fao.org/3/i3347e/i3347e.pdf>
- Action: Gain a deeper understanding of Food Product Dating (food labels and sell-by dates)
- Resource: <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/food-product-dating>
- Action: Before you leave on vacation, make sure you use up or freeze perishable produce (or consider dropping the produce off at a friend’s/neighbors house).
- Resources: “[Madame Frigo](#) offers the Swiss public a practical and simple way to reduce their own food waste.
- Action: Compost your organic waste to reduce landfill waste and promote nutrient-rich soil. There are even options to compost in your apartment! Alternatively, investigate if there are [food scrap collections](#) in your area.

Choose Locally Sourced and Seasonal Foods:

Food for thought: Was my fruit picked too early? Chemicals/Pesticides? Soil health? Water quality? Seed quality? GMO? Antibiotics/hormones?

- Action: Participate in or support community gardens and farmers' markets to promote local, sustainable food production (reduce the environmental impact of transportation and storage).

Food as Medicine:

Food for thought: superfoods & supplements- why do we buy into these trends? Are they actually creating health benefits? Or would we be better off growing our own nutrient-dense fresh fruit and veg?

- Action: Locally grown food can be beneficial to your health (ex. eating local honey can strengthen your immune system and may reduce allergies)
- Resource: Study "[Honey and Health: A Review of Recent Clinical Research](#)"

Planetary Health Diet:

Food for thought: "Halving meat consumption globally could reduce food-system emissions by nearly one-quarter..." ([Wong, 2023](#))

- Action: Reduce meat consumption and choose plant-based options to lower greenhouse gas emissions. (i.e. Follow the [Planetary Health Diet](#): "It emphasizes a plant-forward diet where whole grains, fruits, vegetables, nuts and legumes comprise a greater proportion of foods consumed. Meat and dairy constitute important parts of the diet but in significantly smaller proportions than whole grains, fruits, vegetables, nuts and legumes.")
- Resources: [IPCC Special Report on Climate Change and Land](#)

Support Sustainable Agra Practices:

Food for thought: Impact on farming region/country exporting food: is the population affected? (Examples: 1. Quinoa used to be a staple food, it became a superfood. Paper: "[Quinoa's rise as superfood: Benefits & costs](#)". Example 2: Avocados use so much water, leaving the local population without enough water).

- Action: Choose products certified by organizations like Rainforest Alliance or Fair Trade, supporting environmentally friendly and socially responsible farming.

Educate Others and Advocate for Change:

Food for thought: Have you ever contacted your local officials? Why do some industries like dairy and sugar have subsidies while others do not? What drives this and what can you do to change this? Do you have any leverage to change the minds of big lobbies and global companies?

- Action: Share knowledge about sustainable food choices and advocate for policies supporting sustainable agriculture.

Stay Informed and Vote with Your Wallet:

Food for thought: We have to change our ways! YPOers usually have the means to buy local and organic, and we can really make a difference, we can use our wallets to create change, not many people are that fortunate, for them the cheaper option is the only option...

- Action: Stay updated on sustainability issues, choose brands with transparent sourcing, and support businesses committed to sustainable practices.
- Action: Try your best to avoid palm oil (it's responsible for deforestation)! Check out [this list](#) of how many surprising products use palm oil.

Within YPO:

Food for thought: Have you ever noticed waste at YPO events that you've gone to?

- Action: Integrate sustainable aspects at corporate/YPO events (limit food waste and other waste).
- Action: Brainstorm with your forum on how to have a human-focused culture in lieu of "grind". Better yet, have an intergenerational stir-fry for different perspectives.
- Action: Reach out to your local chapter representative to find out what the opportunities are to support food security in your area.

Businesses:

Food for thought: What actions can you take as a business owner or employee?

- Action: Businesses - put on events promoting food waste within the workplace.
- Action: Investors - there are many investment opportunities in the food-security/sustainability sector. How about impact investing?
- Action: Invest in companies that have sustainable practices, no greenwashing...etc
- Action: Talk with your local community to find out if you can invest in a project or partner with your community.