

Greener Challenge

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Challenge: Takeaways

EWG's Shopper's Guide to Pesticides in Produce: Traditional Poem

You've probably heard of the Dirty Dozen or the Clean Fifteen

But what do they really mean?

They relate to the amount of pesticide

Found on each piece of produce on which you decide

7.1 found on spinach and 4 on tomatoes

But none on 78% of mangoes

Harmful to the environment and your body

Buying organic isn't meant to be gaudy

It just means that you put your money where your values are

And know what to be cautious of at the snack bar

But not everything has to be bought like that

So your receipts don't always have to be fat

Just look at the list and see what you see

And know the Dirty Dozen and the Clean Fifteen

EWG's Meateaters Guide to Climate Change and Health: Blackout Poem - Copied from Page 2 of the Guide

Lamb, beef and cheese have the highest emissions. This is true, in part, because they come from ruminant animals that constantly generate methane through their digestive process, called enteric fermentation. Methane (CH_4)—a **greenhouse gas** 25 times more (CH_4) potent than carbon dioxide (CO_2), accounts for nearly **half the emissions** generated in this study's Nebraska beef production model (see chart below). Pound for pound, ruminants also require significantly more energy-intensive feed and generate **more manure than pork or chicken** (see figure 2).

- **Lamb** has the **greatest** impact, generating 39.3 kg (86.4 lbs) of carbon dioxide equivalents (CO_2e) for each kilo eaten — about 50 percent more than beef. While beef and lamb generate comparable amounts of methane and require similar quantities of feed, lamb generates **more emissions per kilo** in part because it produces less edible meat relative to the sheep's live weight. Since just one percent of the meat consumed by Americans is lamb, however, it **contributes very little** to overall U.S. greenhouse gas emissions.
- **Beef** has the **second-highest** emissions, generating 27.1 kilos (59.6 lbs) of CO_2e per kilo consumed. That's more than twice the emissions of pork, nearly four times that of chicken and more than **13 times that of vegetable proteins** such as beans, lentils and tofu. About **30 percent** of the meat consumed in America is beef.
- **Cheese** generates the **third-highest** emissions, 13.5 kilos (29.7 lbs) of CO_2e per kilo eaten, so **vegetarians who eat a lot of dairy aren't off the hook**. Less dense cheese (such as cottage) results in fewer greenhouse gases since it takes less milk to produce it.

What I learned: While I always knew that meat and dairy products contributed greatly to greenhouse gas emissions, I never knew the numbers of it. Knowing the end goal of something is different than knowing the process of getting there -- there is power in knowing these statistics and knowing how these studies were done. This is definitely an important study for me in particular, since the majority of the reason why I am vegan is because of the environmental impact.

Friends of the Earth Guide to Animal Agriculture: Poem with a Purpose

Concept of the day: Advocacy with Knowledge and Compromise

Not everyone will go vegan immediately
So it's important to do things slowly
Know what you know and encourage what's right
And one way of doing that is by making your burgers light
Buy organic meat
Or replace 30 to 50% of it, though it's a feat
Many people have already started doing it
So trying it wouldn't cause a fit
But what's event the point?
Overuse of antibiotics and inhumane practices work in joint
To create the burgers that you eat
So try to choose less and better meat

Center for Food Safety's Seven Food Resolutions:

What can I do? Right now I eat a vegan diet and eat organic when I can-- but what can a college student do to make an impact while living on campus? After looking at the Seven Food Revolutions, I think I know what I can do. My resolution is to reduce my own food waste and the food waste of those around me. Because we eat in a cafeteria, the only way we can reduce food waste on campus is by eating less so the cooks know to make less.

Everyday for the next week I challenge myself to create no food waste or compost what I cannot eat.