

Sustainable food consumption: NGO perspective

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Green Liberty



Sustainable food system

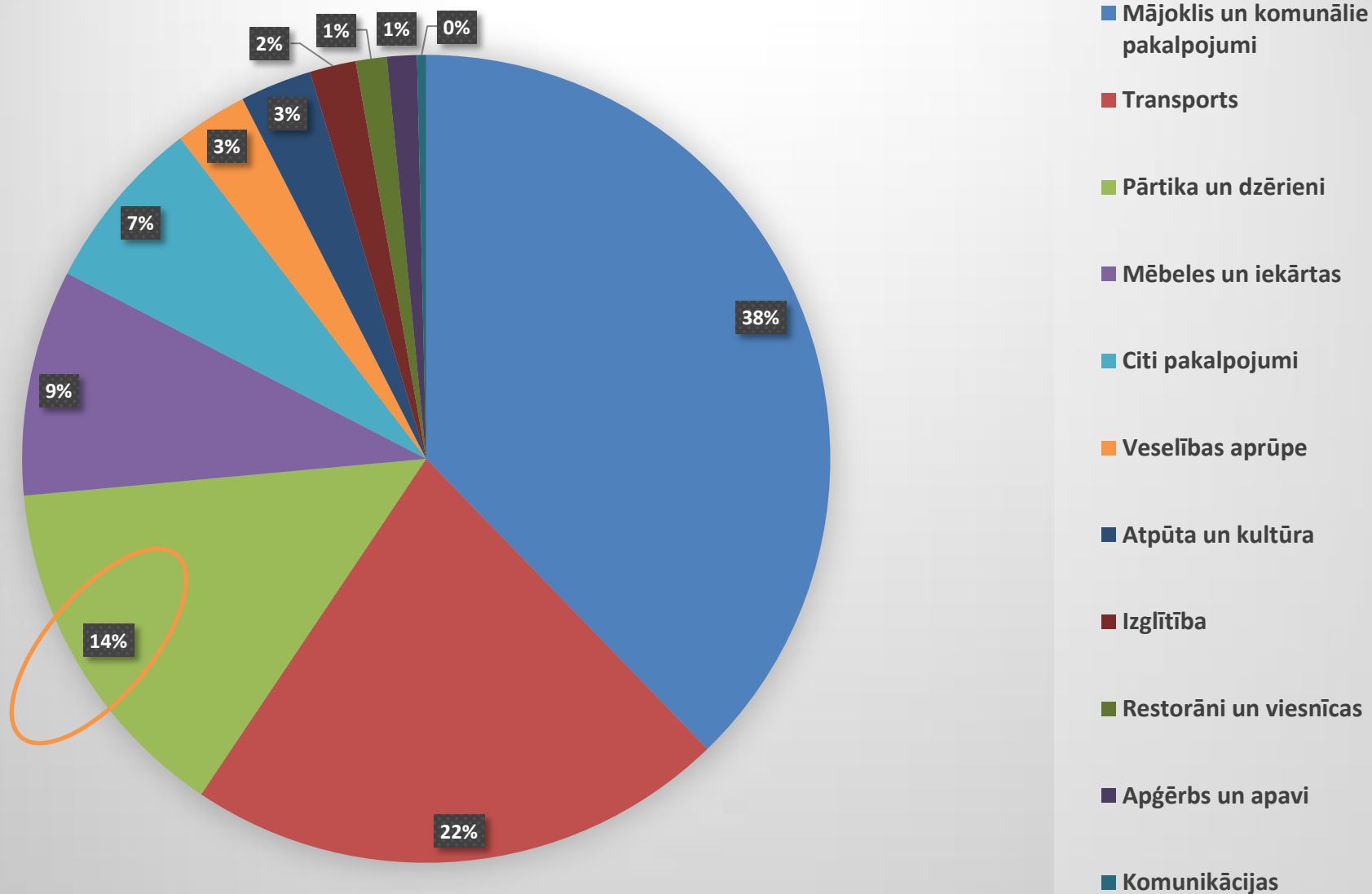
- Produce Safe & healthy products.
- Provide access to nutritious food, and accurate information about food products.
- Support the viability and diversity of rural and urban economies, communities and livelihoods.
- Operate within the bio-physical limits of the Earth.
- Ensure a safe and hygienic working environment and high social welfare and training for all employees involved in the food chain.
- Achieve consistently high standards of animal health and welfare.
- Sustain the resources available for growing food and supplying other public benefits over time.

Adopted from the *British Commission on Sustainable Development*
(2005)

Main questions

- Global vs Local
- Organic vs Conventional
- Meatbased vs Legume based protein diet
- Fresh vs Cooked
- Packaged vs By weight

Environmental pressure of consumption (Latvia, 2009)



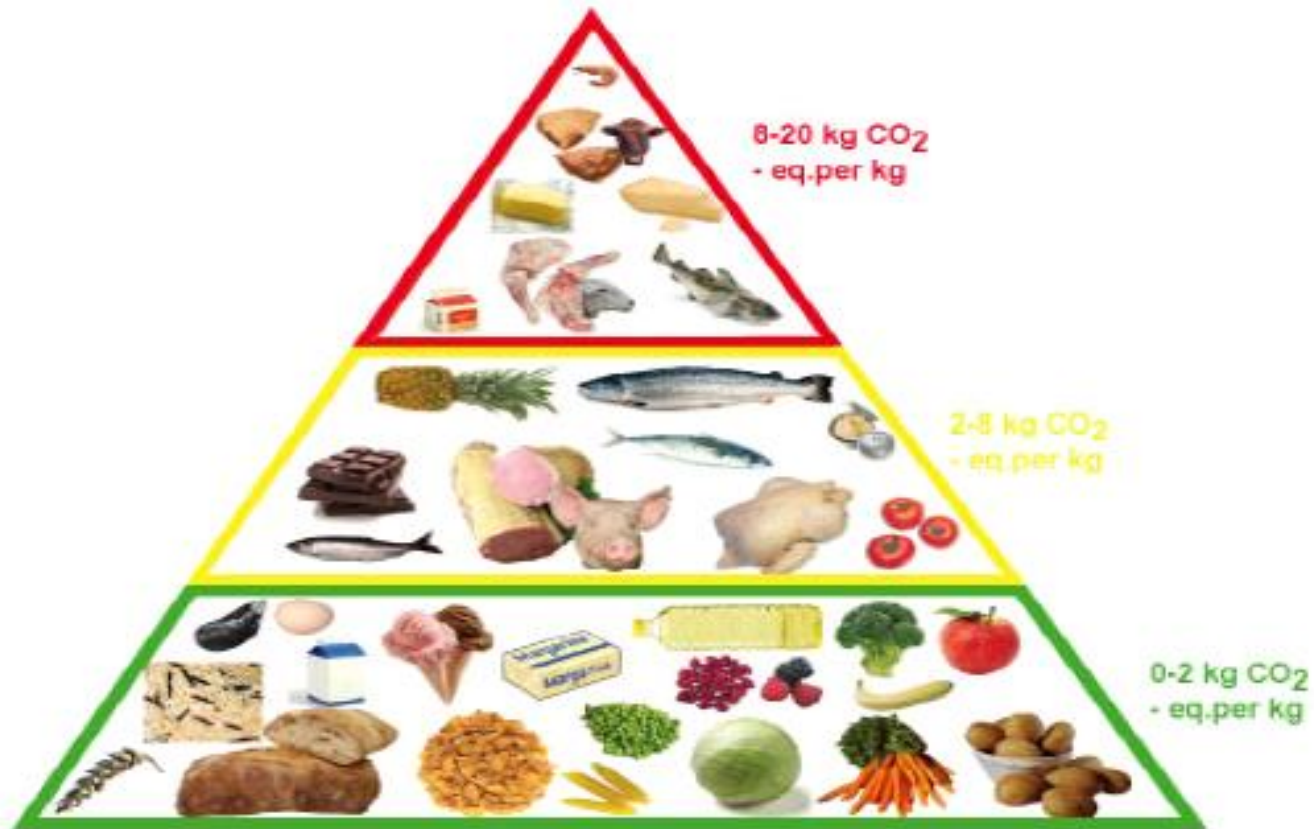
GHG emissions from the food chain

Main pressure areas are:

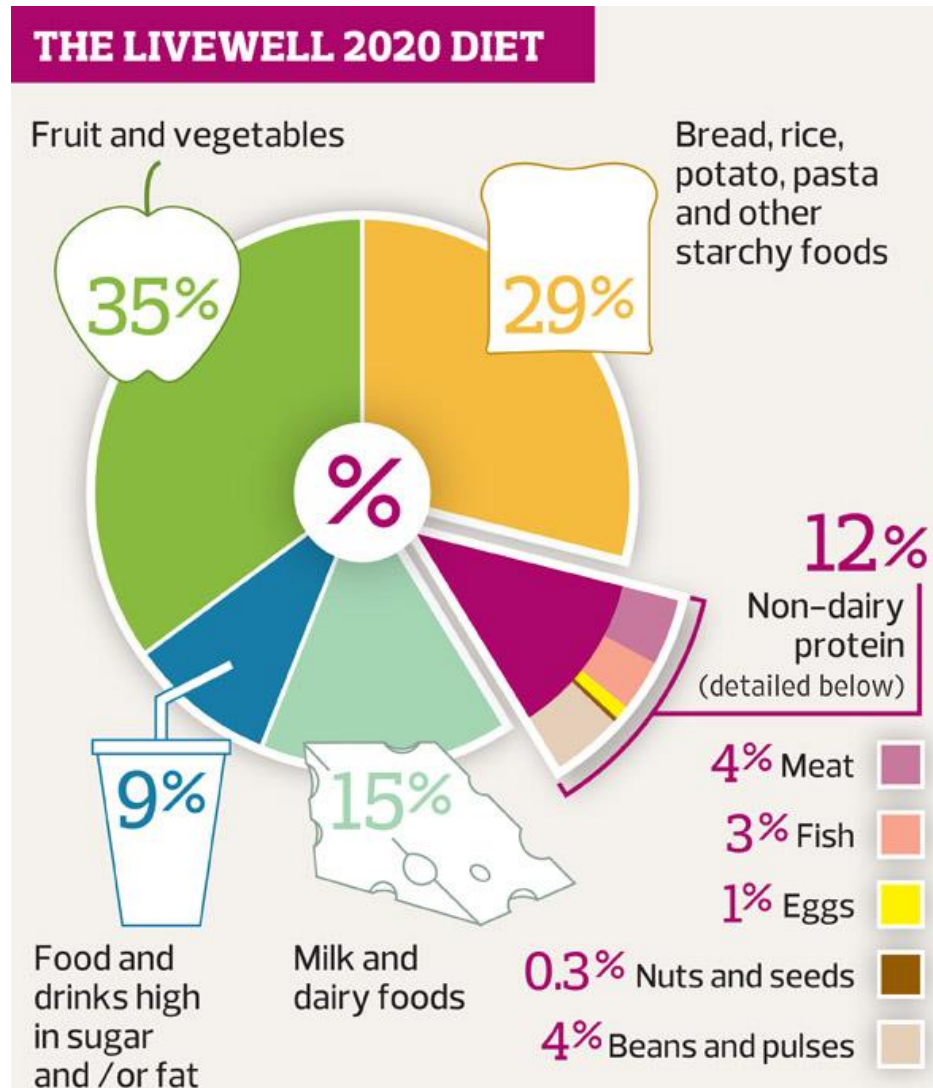
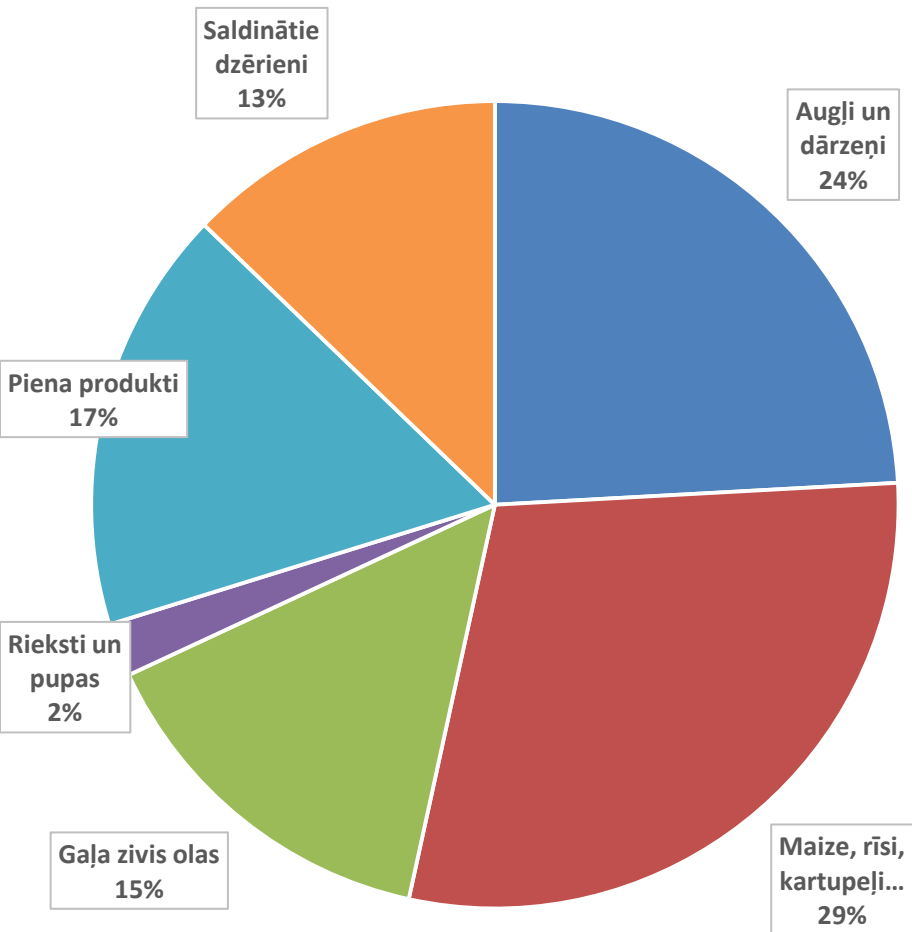
- Agricultural production
- Food processing
- Food transportation
- Food retail
- Food preparation

Greenhouse Gas Emissions from Common Proteins and Vegetables

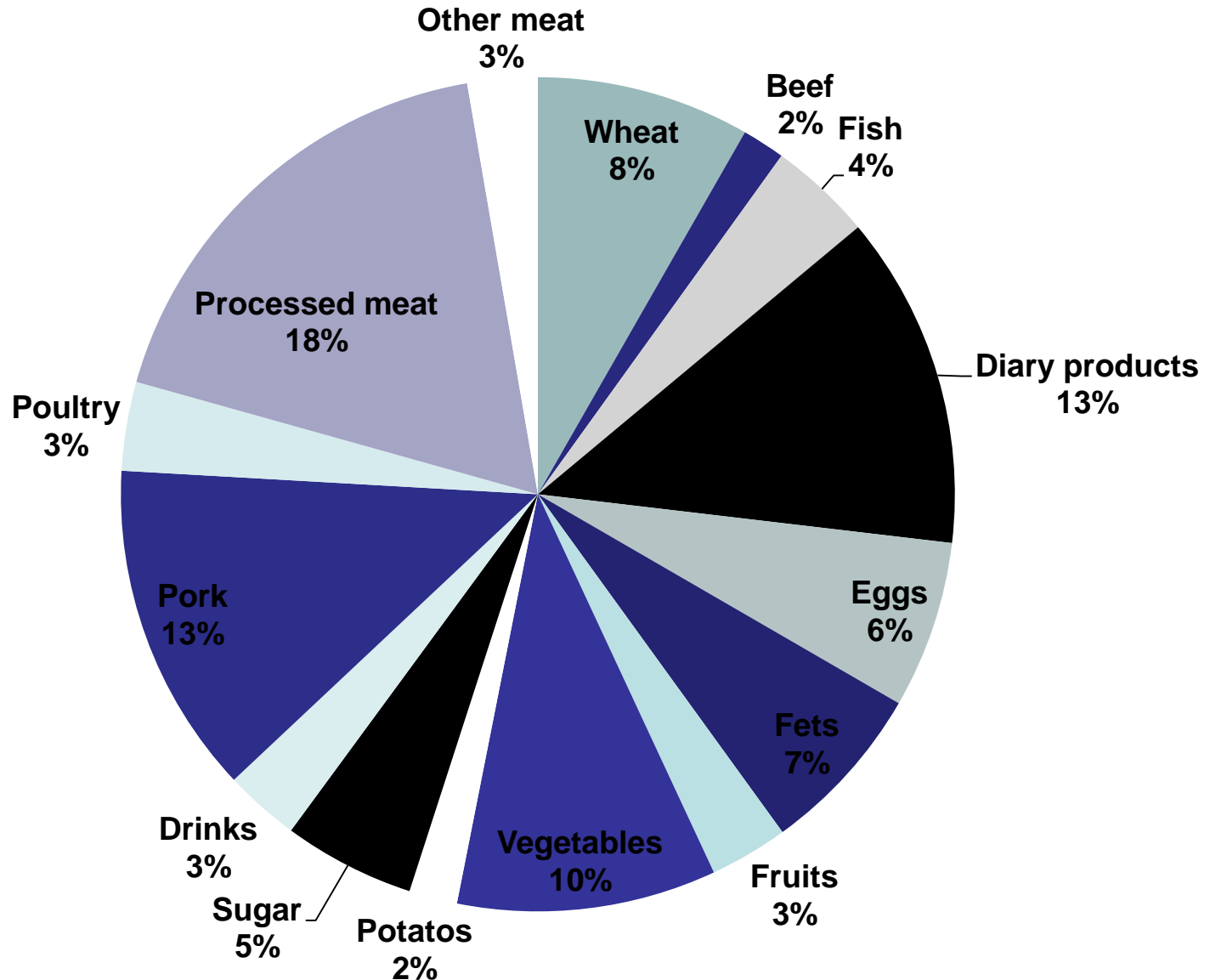
CO₂- Pyramid



Latvian diet compared to Livewell diet



EF of food consumption, Latvia (2009)



Mitigation recommendations

1. Preventing food waste and eating only as much as necessary - reduce unnecessary production of food
2. Dietary change - reducing the consumption of carbon intensive food products such as meat (mainly beef) and dairy products:
 - reduced consumption of the most harmful food products and of products with low nutritional value;
 - reducing food miles, as locally produced food avoids all the transport-based emissions of imported food;
 - increase consumption of seasonal products – avoiding unnecessary energy and material consumption;
 - increasing consumption of organic goods.

Governments can promote change

- by creating a **vision** and developing a **roadmap** for a sustainable food system addressing priority areas such as climate change, waste, water, ecosystems, nutrition and obesity, and fair supply chains,
- by building a **sound evidence base** to ensure coherency of the strategy (e.g. GHG emissions of different farming systems, social and environmental value of local, regional and seasonal foods, comparative assessment of international and domestic production),
- by implementing **effective policy tools** aimed at, e.g. waste reduction or product performance improvements (e.g., including agriculture in the Climate policy with reduction targets, minimum efficiency standards, energy labelling requirements, and financial incentives can contribute to reducing the environmental impacts from food related household appliances).

Thank you

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