“Meat of the matter”
a municipal guide to climate-friendly food purchasing

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Friends of the Earth (USA)
Meat of the Matter: Fighting Climate Change through Institutional Food Purchasing

Chloë Waterman
Not all protein is created equal

- Post Farmgate Emissions (includes processing, transport, retail, cooking, waste disposal)
- Production Emissions at Farmgate (includes all emissions before product leaves the farm)

Kilogram (kg) of Consumed Food

Source: Environmental Working Group
The top 5 meat and dairy companies combined emit more GHGs than ExxonMobil, Shell or BP

<table>
<thead>
<tr>
<th>Company</th>
<th>GHGs (mt)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fonterra</td>
<td>41.5 mt</td>
</tr>
<tr>
<td>Dairy Farmers of America</td>
<td>52.2 mt</td>
</tr>
<tr>
<td>Cargill</td>
<td>86.3 mt</td>
</tr>
<tr>
<td>Tyson Foods</td>
<td>118.1 mt</td>
</tr>
<tr>
<td>JBS</td>
<td>280.2 mt</td>
</tr>
<tr>
<td>Top 5 Total</td>
<td>578.3 mt</td>
</tr>
<tr>
<td>ExxonMobil</td>
<td>577 mt</td>
</tr>
<tr>
<td>Shell</td>
<td>508 mt</td>
</tr>
<tr>
<td>BP</td>
<td>448 mt</td>
</tr>
</tbody>
</table>

World Health Organization Says Processed Meat Causes Cancer

Oct 26, 2015

The International Agency for Research on Cancer (IARC) has classified processed meat as a carcinogen, something that causes cancer. And it has classified red meat as a probable carcinogen, something that probably causes cancer. IARC is the cancer agency of the World Health Organization.

Processed meat includes hot dogs, ham, bacon, sausage, and some deli meats. It refers to meat that has been treated in some manner to prevent spoilage.
Meat as Much a Cause of Obesity as Sugar and Fats, Study in 170 Countries Finds

AUGUST 9, 2016   BY CAROLINA HENRIQUES   IN NEWS.
Processed red meat linked to higher risk of heart failure, death in men

American Heart Association Rapid Access Journal Report

June 12, 2014 | Categories: Heart News

Study Highlights

- Men who regularly eat moderate amounts of processed red meat such as cold cuts (ham/salami) and sausage may have an increased risk of heart failure incidence and a greater risk of death from heart failure.
- Researchers recommend avoiding processed red meat and limiting the amount of unprocessed red meat to one to two servings a week or less.

Embargoed until 3 p.m. CT/4 p.m. ET THURSDAY, JUNE 12, 2014

DALLAS, June 12, 2014 — Men who eat moderate amounts of processed red meat may have an increased risk of incidence and death from heart failure, according to a study in Circulation: Heart Failure, an American Heart Association journal.

Processed meats are preserved by smoking, curing, salting or adding preservatives. Examples include cold cuts (ham, salami), sausage, bacon and hot dogs.
Healthy & climate-friendly = Plant-forward
FOOD SHIFTS MATTER

Over 2 years, Oakland Unified School District reshaped its menu with fewer animal foods and more protein-rich legumes and vegetables. This shift generated considerable water and climate benefits, and cost savings:

- **SAVED 42 million gallons of water**
- **14% reduction in the carbon footprint of its entire food purchases**
- **63 Olympic sized swimming pool**
- **15,000 trees planted**
- **1.5 million fewer miles driven**
- **87 solar systems installed on the school districts’ roofs**
- **Cost savings: $42,000**

Source: Friends of the Earth, Shrinking the Carbon and Water Footprint of School Food, 2017
Animal Products Dominate OUSD’s Footprint

Carbon Footprint by Food Group
(2012-13)

- Animal Products: 76%
- Fruit: 8%
- Vegetables: 7%
- Legumes: 7%
- Other Foods: 2%

Source: Friends of the Earth, Shrinking the Carbon and Water Footprint of School Food, 2017
How to shift towards climate-friendly food service?
1. Enact a climate-friendly food procurement policy

**Find A Vehicle + Find a Mechanism**

- Standalone food procurement policy
- Green purchasing policy
- Climate action plan
- Food or wellness policy

- Executive order or ordinance
- Integrate into existing policy
- Non-binding resolution
EAT S.M.A.R.T.

S.M.A.R.T. STANDS FOR:

- Smaller amount of meat
- Minimise intake of junk food/empty calories
- Increase in organic
- Right sort of meat and vegetables
- Transport efficient
Tenant must feature:
1. Displays that promote healthy eating and good environmental stewardship
2. Visible food preparation areas
3. Portion sizes which support good health
4. Portion-appropriate menu items for children

Tenant must use:
5. Low- or non-phosphate detergents
6. Un-bleached paper products and compostable To Go containers and utensils

To the very greatest extent possible, Tenants must use:
7. Organic agricultural products from the Northern California region
8. Agricultural products that have not been genetically modified
9. Organic or all-natural meat from animals treated humanely and without hormones or antibiotics
10. rBST-free cheese, milk, yogurt and butter
11. Cage-free, antibiotic-free eggs
Develop climate-friendly food standards

- More plant-based protein options
- Smaller meat portions
- Non-dairy drinks
- Reduced-size main dishes
San Diego’s *Eat Well Practices* support meat reduction and other sustainability goals with the following standards:

- Prioritize plant-based foods, including protein and dairy alternatives; offer plant-based foods and dishes and vegetarian meals.
- Consider offering protein foods from plants such as legumes (beans and peas), and nuts, seeds, and soy products.
- Consider offering a vegetarian entrée option when more than one entrée option is provided.
- Consider offering alternatives to red meat and avoid processed meats (e.g., hot dogs, bacon, sausage, deli meats); if offered, serve infrequently and in small portions.
- Consider purchasing meats and poultry raised without the routine use of antibiotics and/or growth hormones.
MEAT OF THE MATTER:
A MUNICIPAL GUIDE TO CLIMATE-FRIENDLY FOOD PURCHASING

https://foe.org/resources/meat-of-the-matter/
Thank you!

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