



The Art of Sustainable Living: based on the principles of One Planet Living

7. SUSTAINABLE FOOD: film script

Welcome to the Art of Sustainable Living, with Melanie Rees of the Green Centre

This month we are looking at the seventh of the One Planet Living principles and the second in the **SUSTAINABLE** group: that's **SUSTAINABLE FOOD**.

According to Bioregional, the organisation who invented One Planet Living, the challenge we face as a global community is industrial agriculture produces food of uncertain quality and harms local ecosystems, while consumption of non-local food imposes high transport impacts.

To address this, we must make it easy and attractive for people to enjoy fresh, local, seasonal, healthy produce, we must promote diets high in vegetable protein, promote sustainable farming which supports biodiversity and builds soil, promote humane farming, and reduce or eliminate food waste.

Think about how much food you eat every day and then think about how much food we need to feed the world population of nearly 8 billion people. This is achieved through industrial agriculture.

Started after World War 2 as a way of addressing global hunger, industrial agriculture is large-scale, intensive production of crops and animals. It often involves heavy use of chemical fertilizers and pesticides, both derived from petroleum, making it dependent on fossil fuels.

The growth of industrial agriculture has seen the demise of small, diverse farms producing a variety of crops and livestock and a shift to large factory farm systems run by big multinational corporations. This has caused the depletion of land, mistreatment of animals and increased pollution whilst the consumption of non-local food imposes high transport impacts such as carbon emissions and air pollution.

It's hard to believe but we waste about a third of all food produced for human consumption including the water, land, and labour used in the process of growing it. In the UK we bin around 10 million tonnes of food every year with a value of 19 billion pounds and greenhouse gas emissions of 36 million tonnes.

1 billion people can be fed by the 40 million tonnes of food wasted by US retailers and households each year! And the water used to produce that wasted food can provide 200 litres a day for 9 billion people!

The Green Centre's sustainable food journey started in our garden in East Brighton; we grew fruit and vegetables, we composted, we experimented with vertical and square foot gardening, made our own plant food from worm juice and another from Comfrey, ran food workshops and raised awareness of eating seasonally, eating plant-based diets, buying local and loose and choosing organic where possible.

You can find out more about the Green Centre **SUSTAINABLE FOOD** journey on our website along with a FACT SHEET to help you map out your own, bespoke adventure. Let us act together, to make truly sustainable living a reality. Welcome to the Art of Sustainable Living.

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