



Sustainable Food Consumption

C.H.A.N.G.E.R.S. – 2.0



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WE SEE A KITCHEN IN A RURAL HOUSEHOLD. A YOUNG BOY NAMED JAKE IS LOOKING INTO THE REFRIGERATOR, DISMAYED BY THE AMOUNT OF FOOD WASTED.

I KNOW, JAKE. IT'S A BAD HABIT WE NEED TO CHANGE.

WE OFTEN BUY MORE THAN WE NEED AND END UP WASTING A LOT OF FOOD.

GRANDMA, WHY DO WE ALWAYS THROW AWAY SO MUCH FOOD?



THEY BEGIN TO ORGANIZE THEIR PANTRY, NOTICING SEVERAL ITEMS NEARING THEIR EXPIRATION DATES.



WE NEED TO BE MORE MINDFUL OF WHAT WE BUY AND HOW MUCH WE USE.

LET'S TRY TO REDUCE OUR FOOD WASTE FROM NOW ON BY EATING THE LEFTOVERS TOO.



JAKE AND HIS GRANDMOTHER ARE SITTING AT THE DINNER TABLE, ENJOYING A MEAL MADE FROM LEFTOVERS AND INGREDIENTS THEY FOUND IN THE PANTRY.



GRANDMA, I'M GLAD WE'RE MAKING AN EFFORT TO WASTE LESS FOOD. IT FEELS GOOD TO USE WHAT WE HAVE INSTEAD OF THROWING IT AWAY.

ABSOLUTELY, JAKE. NOT ONLY DOES IT SAVE US MONEY, BUT IT ALSO HELPS REDUCE OUR IMPACT ON THE ENVIRONMENT.



AS THEY FINISH THEIR MEAL, JAKE NOTICES THAT THERE'S NO MEAT OR DAIRY ON THE TABLE.

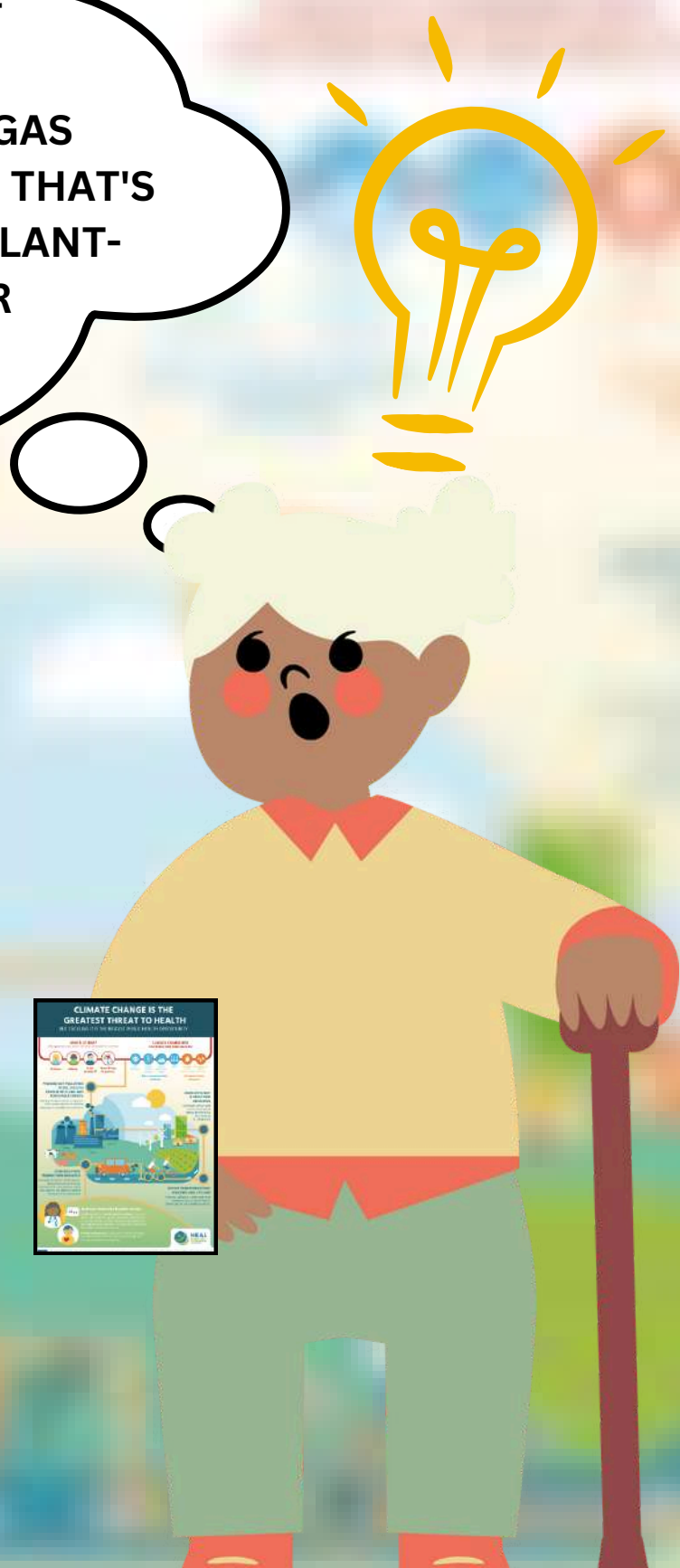
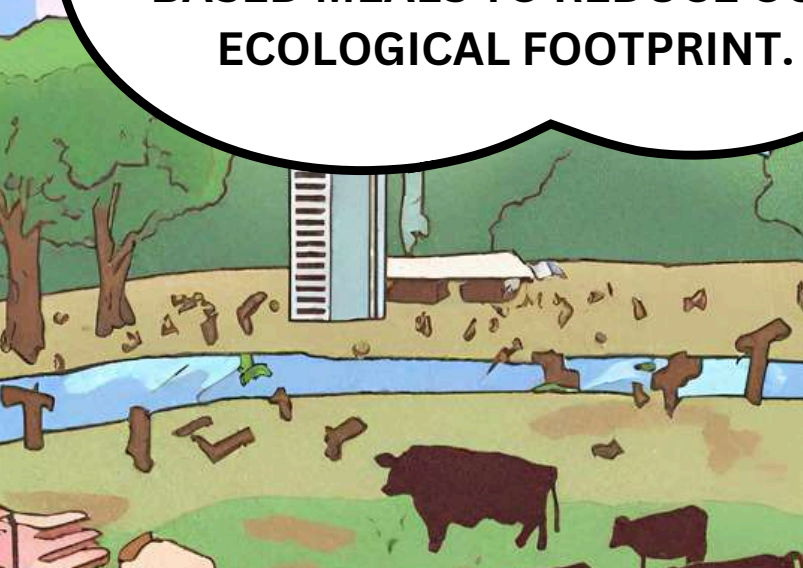
WELL, JAKE, WHILE I WAS READING ABOUT SUSTAINABLE FOOD CONSUMPTION TO REDUCE FOOD WASTE, I FOUND OUT THAT THE OVERCONSUMPTION OF MEAT AND DAIRY PRODUCTS CAN HARM THE ENVIRONMENT.

GRANDMA, WHY AREN'T WE HAVING MEAT OR DAIRY WITH OUR MEAL TONIGHT?



GRANDMOTHER PULLS OUT A CHART SHOWING THE ENVIRONMENTAL IMPACT OF MEAT AND DAIRY PRODUCTION, INCLUDING DEFORESTATION, GREENHOUSE GAS EMISSIONS, AND WATER POLLUTION.

THE HIGH DEMAND FOR MEAT AND DAIRY CONTRIBUTES TO DEFORESTATION, GREENHOUSE GAS EMISSIONS, AND WATER POLLUTION. THAT'S WHY WE'RE TRYING TO EAT MORE PLANT-BASED MEALS TO REDUCE OUR ECOLOGICAL FOOTPRINT.



JAKE LOOKS AT THE CHART WITH INTEREST, REALIZING THE IMPACT OF THEIR FOOD CHOICES ON THE ENVIRONMENT.



**I DIDN'T KNOW THAT,
GRANDMA. I WANT TO HELP
REDUCE OUR IMPACT ON
THE PLANET TOO.**



**THAT'S GREAT, JAKE.
EVERY SMALL CHANGE
WE MAKE CAN MAKE A
BIG DIFFERENCE.**

WOW!





Discussion Questions:

- What are some causes of unsustainable food consumption, particularly food waste?
- What insights can we draw from Jake's Grandmother's explanation about the environmental impact of overconsumption of meat and dairy products, and how might this influence our dietary choices?
- What are some practical steps individuals and communities can take to reduce food waste and promote sustainable food consumption?