



T C M E



The Center for
MINDFUL EATING



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Nourishing The Planet - How Mindful Eating Can Help




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Objectives

- State 4 of the 6 issues of sustainability
- List five actions a person can have to promote sustainability
- List one way sustainability can help improve food security in the USA



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The Beauty of Sustainability

- Less costs or saves money
- Open space - you can see and enjoy the farms where your food is raised.
- Sustainable non-earth damaging agriculture means that the land is in equal or better shape after farming than before farming it.
- Sustainability non-animal damaging agriculture means that an animal that is used for food is in equal or better health than an animal that isn't used for food.
- Healthier ecosystems (meaning that the trees and the bees are healthy. The water and the air are clean. Eco-systems mean that **all** systems benefits, not just **one** system.
- Cleaner air (this is why we love plants!)
- Sustainable resources (things don't run out or become extinct.)



I thought I was pretty cool until I realized that plants can eat the sun and poop out air.

- Jim Bugg



Nourishing The Roots

Roots - what nourishes the tree

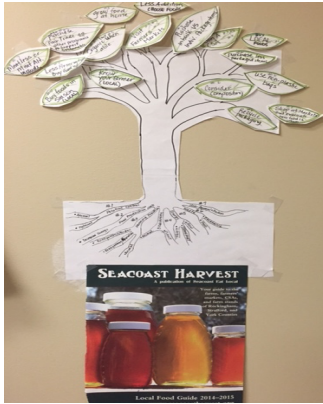
- The **ACTION** is our steps to promote sustainability
- These are listed separately as 18 steps or leaves.

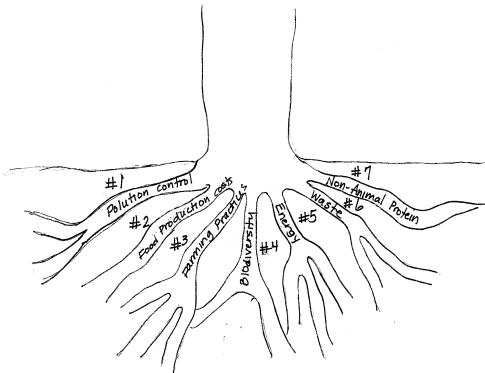


Making Your Tree

The instructions will be sent at the end of this teleconference







7 Roots

1. Pollution Control
2. Food Production
3. Farming Practices
4. Biodiversity
5. Energy/Resources
6. Waste
7. Plant Based Protein

Each of these are become the roots of the tree.



Understanding Each Root

#1 Pollution Control

- Animal
 - Action: leaf -> local or know farmer
- Nutrient
 - Action: leaf -> local or know farmer





© Alamy



Understanding Each Root

#2 Food Production

- Decrease energy and transportation cost to make food because less processed food requires less energy, less additives and less preservatives.
 - Action: leaf -> less processed food
 - Action: leaf -> less intensive processing
 - Action: leaf -> less additive
 - Action: leaf -> less preservatives.



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Understanding Each Root

#3 Farming practices

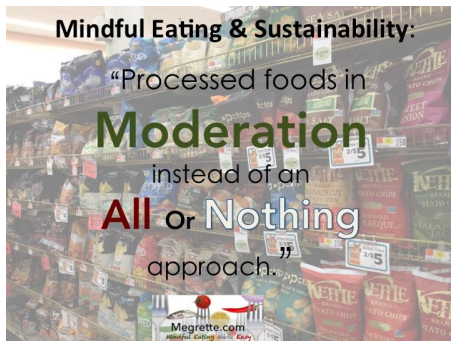
- Impacting animals
 - Action: Action: leaf -> Know your farmer
 - Action: Action: leaf -> Local
 - Action: Action: leaf -> Home grown
 - Action: Action: leaf -> organic



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Mindful Eating & Sustainability:

“Processed foods in
Moderation
instead of an
All or Nothing
approach.”



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Understanding Each Root

#3 Farming practices

- **Impact existing ecosystems** [How some farming practices impact soil/water conservations and native animal populations]
 - **Action: leaf** -> Know your farmer -
 - Farmer's markets
 - CSA (Community Supported Agriculture) or Farm Shares
 - Markets that choose to carry locally produced products
 - Grown some of your own food
 - **Action: leaf** -> Does my markets that evaluate this step?



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Understanding Each Root

#3 Farming practices

- **Depleting existing ecosystems** [How some farming practices remove existing nutrients from the soil, deplete/divert water sources downstream, harm native animal populations (pesticides and clear cutting practices.)]
 - **Action: leaf** -> Know your farmer
 - **Action: leaf** -> Shop at markets that evaluate this step.



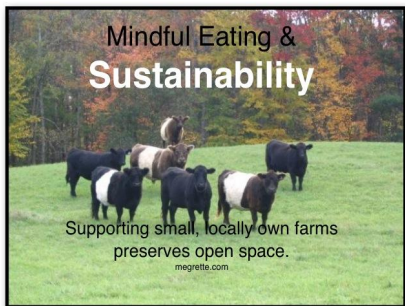
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Understanding Each Root #4 Biodiversity

- **Biodiversity**[Preserving ecosystems by encouraging biodiversity of plants and animals.]
 - **Action: leaf** ->Purchase if possible Fair trade and other economic plans to support sustainable farming.





Understanding Each Root #4 Biodiversity

Preserving the **diversity of plants**

Action: leaf ->Businesses purchasing local sourced food

Action: leaf ->Farmers markets/CSA

Preserving the **diversity of animals**

Action: leaf ->Businesses purchasing local sourced food

Action: leaf ->Farmers markets/CSA



Understanding Each Root #5 Energy/Resources Used

- Energy to **grow food**
 - Action: leaf ->Local
 - Action: leaf ->In season
- **Transportation** of food
 - Action: leaf ->Local
- **Water** use to grow food
 - Action: leaf ->Local varieties that support available resources.





Understanding Each Root #6 Waste

- Food
 - Action: leaf ->Composting
 - Action: leaf ->Resource recovery:
 - Soup kitchens
 - Repurposing food (making it into juice, frozen meals, or other foods that can be consumed vs going into a landfill)
 - Action: leaf ->Supporting business that have food waste recovery plans.



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Mindful Eating & Sustainability:

Compost has been shown to suppress plant diseases and pests, reduce or eliminate the need for chemical fertilizers, and promote higher yields of agricultural crops.

All from placing your food scraps into bucket instead of the landfill.

Amazing!



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Understanding Each Root #6 Waste

- Packaging
 - Action: leaf ->Co-ops
 - Action: leaf ->Bulk
 - Action: leaf ->CSA/Community Supported Agriculture
 - Action: leaf ->Farmer's Markets
 - Action: leaf ->Recycle packaged material
 - Action: leaf ->Purchase items with less packaging

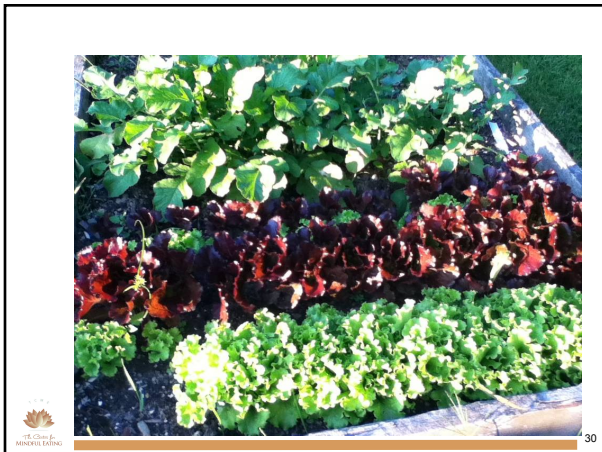
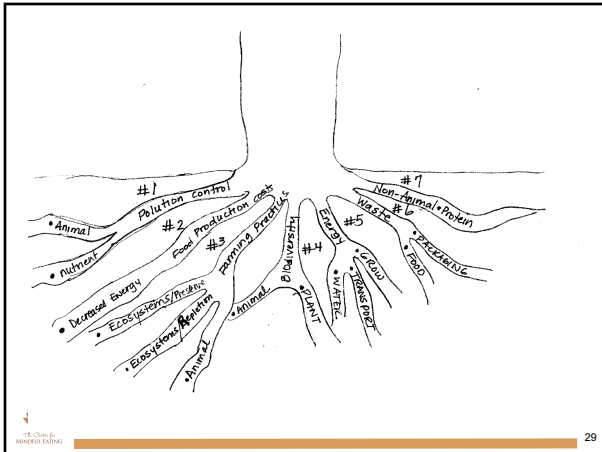


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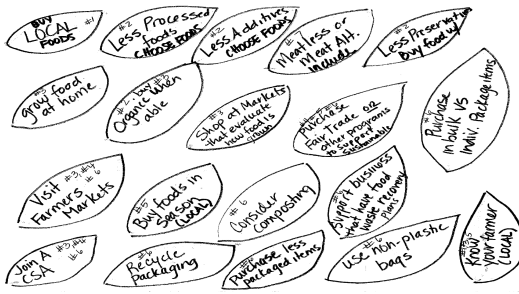
Understanding Each Root #7 Plant Based Protein

- Including Plant Based Proteins in diet
 - Action: leaf -> Beans, Tofu, Nuts, High protein grains and seeds
 - Action: leaf -> Choosing Meat Alternatives - Soy products



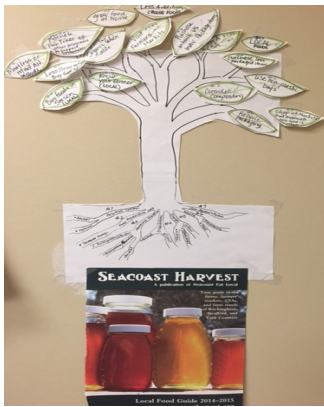


Creating Leaves











After completing this webinar

- A link to the instruction of this workshop will be sent.
- A link to complete your CPE certificate will be sent to the email address which you provided when you registered.
- Please take time to evaluate this program. It provides The Center with important information.
- If you have any additional questions regarding CPE, links or The Center, please contact The Center for Mindful Eating -
 - www.TheCenterforMindfulEating.org
