



The Importance of Food Literacy

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The Goal:

To gain knowledge of food literacy:

- we hope to educate the uiuc community
- understand the amount of energy (fossil fuels and water consumption) that goes into producing certain foods
- Know what it means to have a sustainable diet.

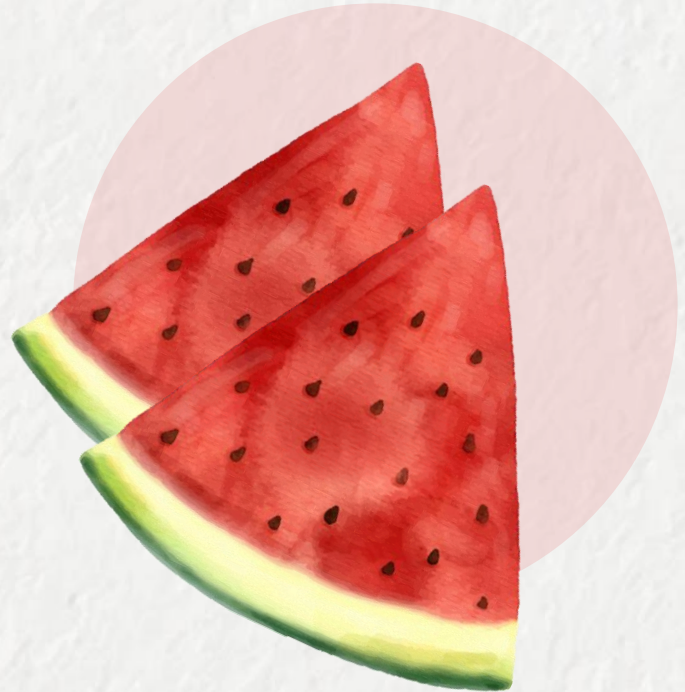


Defining Sustainability and Food:

What is a sustainable diet?

“Sustainable Diets are those diets with **low environmental impacts** that contribute to food and nutrition security and to healthy life for present and future generations. Sustainable diets are protective and respectful of biodiversity and ecosystems, culturally acceptable, accessible, economically fair and affordable; nutritionally adequate, safe and healthy; while optimizing natural and human resources.”

-Food and Agricultural Organization



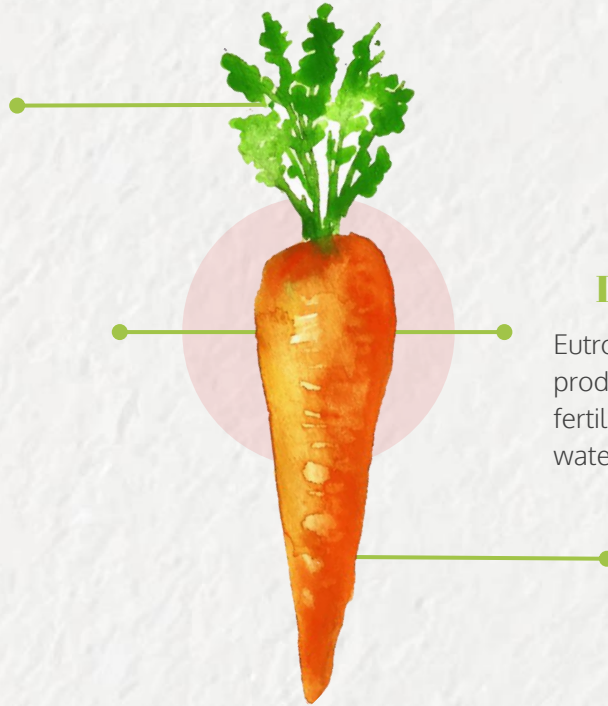
What does low environmental impact mean?

Low Greenhouse Gas Emissions

Transporting food from place to place requires the use of greenhouse gases. Eating local food decreases emissions and has a lower environmental impact.

Low Water Consumption

Eating more sustainable foods that require less water to produce is healthier for the planet.



Decrease Eutrophication

Eutrophication occurs from food production that uses large amounts of fertilizer that runoff and pollute nearby water sources.

Decrease Food Waste

Throwing out and wasting less food reduces carbon emissions and stops water consumption and greenhouse gas waste as well.

Benefits Of A Sustainable Diet

Its Healthy

Sustainable diets are mostly made up of fruits, vegetables, whole grains, and unsaturated oils. These foods are nutritionally beneficial for the body and can reduce mortality rates.



Guarantees Future Food

Almost half of the world is currently malnourished. Supplying food sustainably can insure that there will be plenty of nutritious food available in the future.



Reduces Harmful Environmental Change

Agriculture is a main cause of climate change, deforestation, eutrophication, and fresh water usage



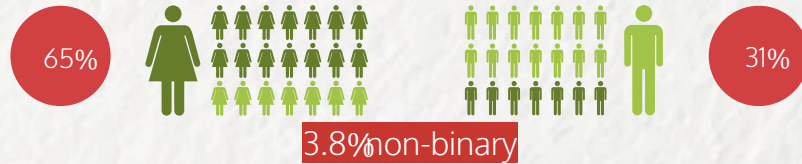
Promotes Life

Eating more sustainably decreases human mortality and slows down the destruction of ecosystems. Food production will no longer be the greatest factor threatening animal extinction.



We Surveyed Students

Gender



Location

Most people live in ISR, other participants live in LAR, PAR, and Nugent

How much do you care about sustainability?

How much do you believe UIUC cares about sustainability?

How much would sustainability knowledge impact your dining experience?

How much more appealing would a sustainable food item be to you?

Most popular answer: A bit

Most important issue to surveyed students:
greenhouse gases/fossil fuel use

Survey Feedback

People say they would like to see sustainability facts displayed in these ways:

- Fun graphics
- Posters by the lines so people can read while they wait and in the lobby
- Signs reminding people to only take what you can eat



Faculty Feedback

We got in touch with the assistant director of dining and other dining hall staff.

We decided to create infographics and posters to educate the student body on food literacy and how to have a sustainable diet.



Our Posters

Focusing on:

- Sustainable diet
 - Choose to eat more vegetables and fruits over meat and other processed foods that take more energy and water to make
- Food waste
 - Don't eat with your eyes
 - Take only what you can eat



THANKS!



Contact us!

If you have any questions or would be interested in joining our project.

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