

Cibo

Impatto Diretto e Indiretto sull'Ambiente



Greenhouse gas emissions



Water consumption



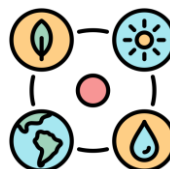
Animal cruelty



Single-use trash



Land usage

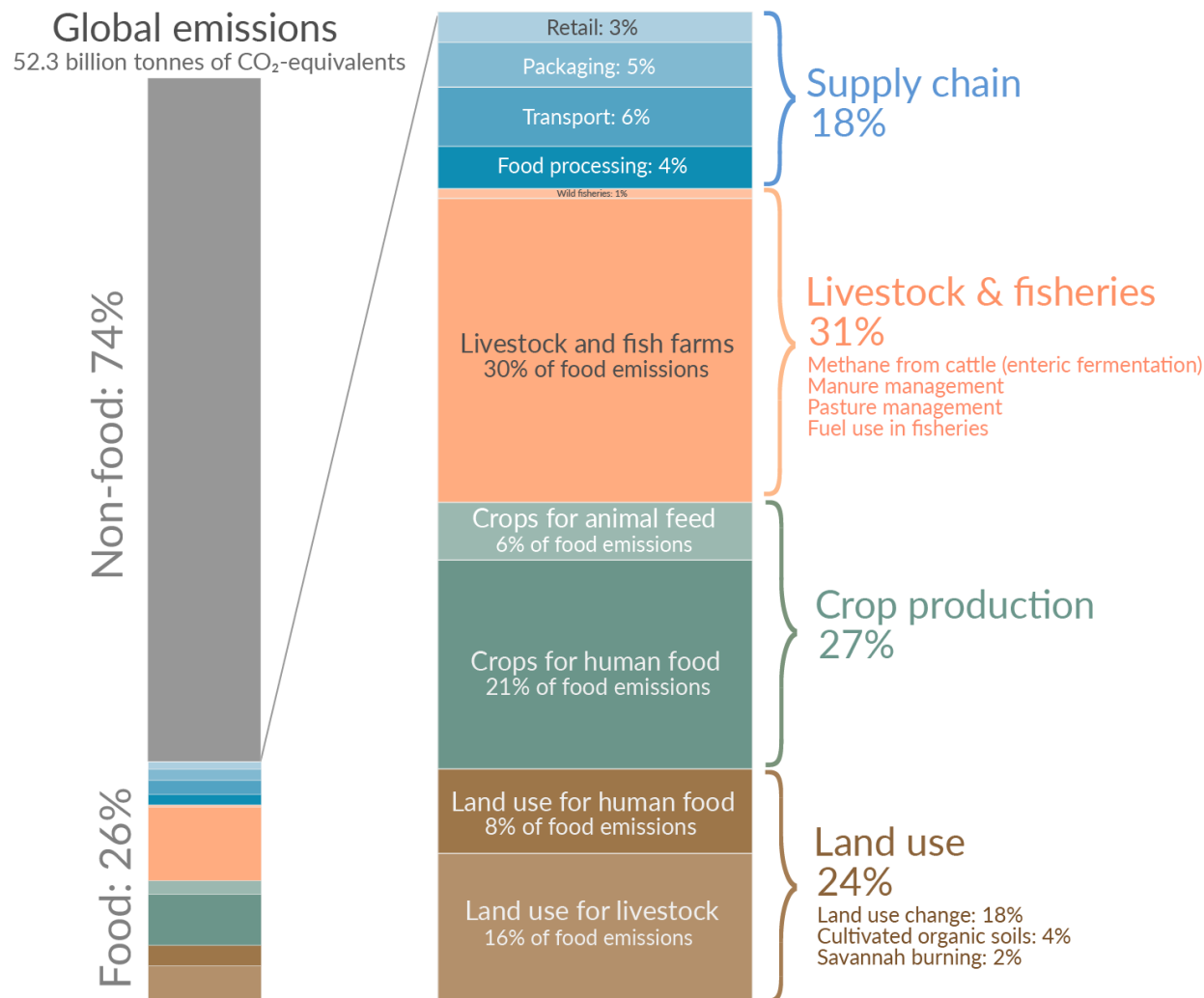


Biodiversity



Workers conditions

Emissioni Globali di Gas Serra (GHG) dalla Produzione del Cibo

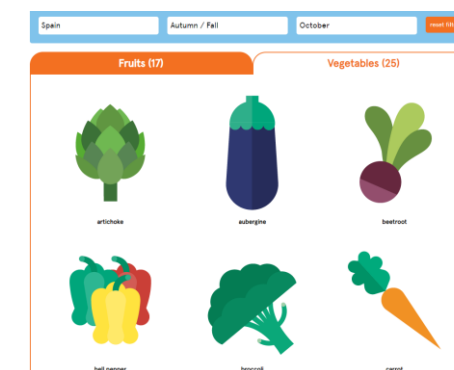
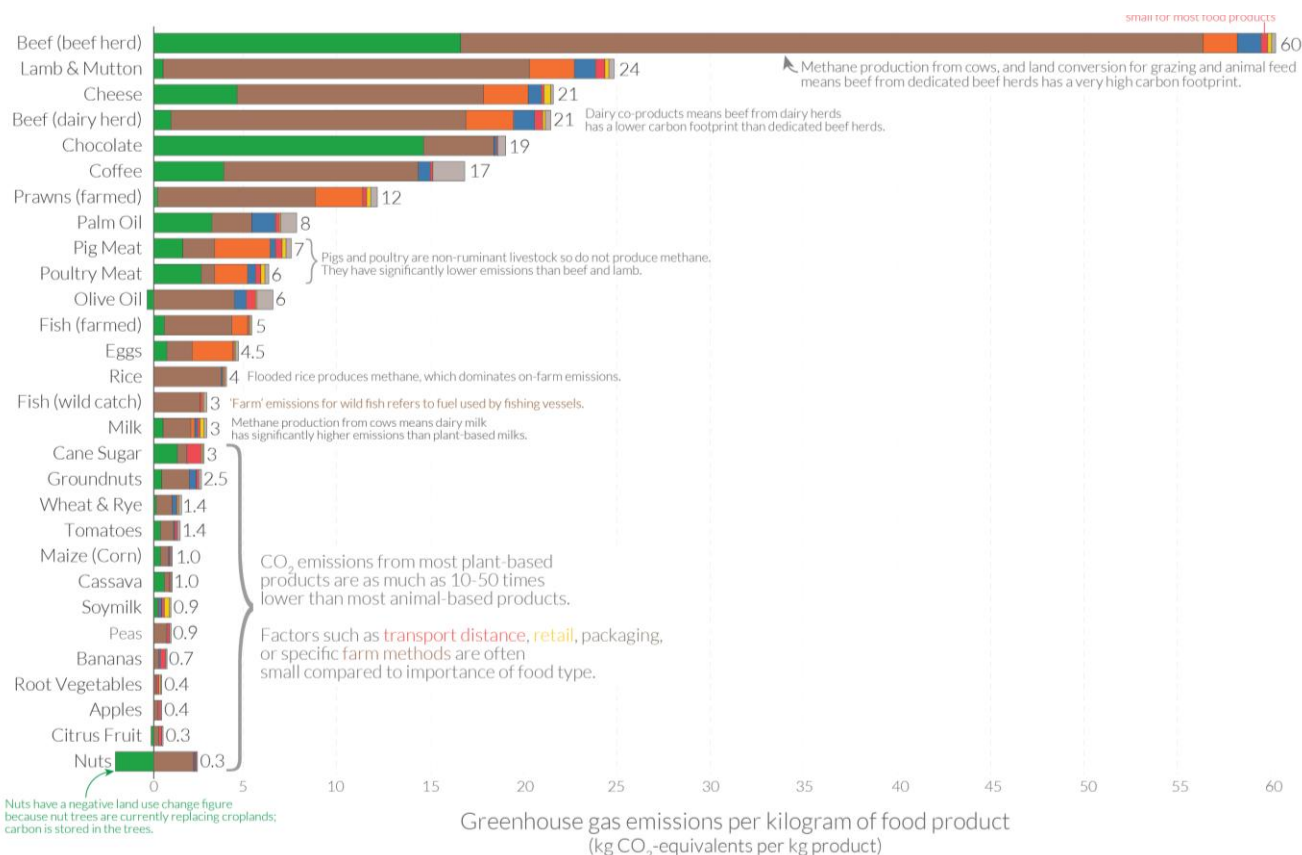


<https://ourworldindata.org/food-ghg-emissions>

Emissioni Globali di Gas Serra (GHG) dalla Produzione di Cibo



Land Use Change	Farm	Animal Feed	Processing	Transport	Retail	Packaging
Aboveground changes in biomass from deforestation, and belowground changes in soil carbon	Methane emissions from cows, methane from rice, emissions from fertilizers, manure, and farm machinery	On-farm emissions from crop production and its processing into feed for livestock	Emissions from energy use in the process of converting raw agricultural products into final food items	Emissions from energy use in the transport of food items in-country and internationally	Emissions from energy use in refrigeration and other retail processes	Emissions from the production of packaging materials, material transport and end-of-life disposal



Vuoi ridurre l'impronta di carbonio della tua alimentazione?
Concentrati su ciò che mangi, non solo sulla provenienza locale del cibo

[Eufic | Explore Seasonal Fruit and Vegetables in Europe](https://ourworldindata.org/food-choice-vs-eating-local)
<https://ourworldindata.org/food-choice-vs-eating-local>

Con il contributo di

Ti capita spesso di mangiare cibo fuori stagione?



THE QR CODE
GENERATOR

Quanto è assetato il nostro cibo?

Water is part of any production process.

We need it to grow apples, as well as produce a packet of crisps.

The amount of water needed in this process depends where we are because climate and agricultural practices will be the most important players.

1 cup of tea



35
litres

1 cup of coffee



140
litres

1 glass of wine



120
litres

1 glass of beer



75
litres

1 glass of apple juice

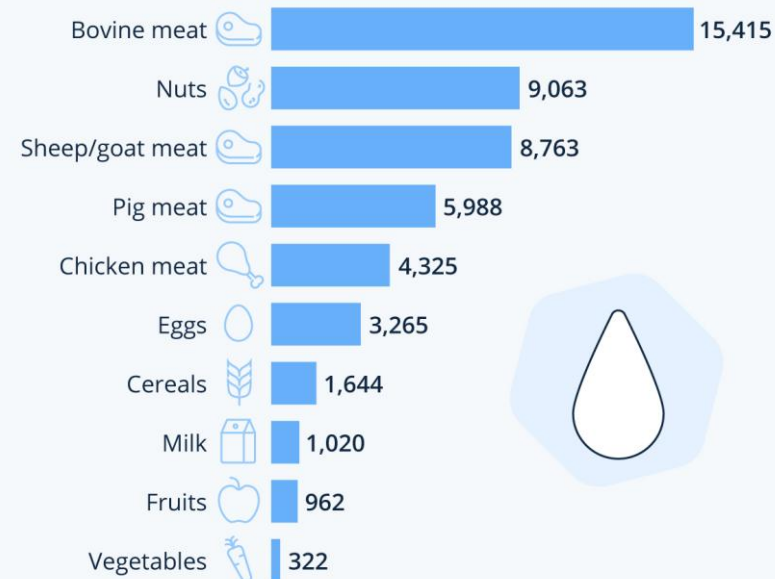


190
litres

Global average virtual water content of some selected products, per unit of product (Source: Hoekstra and Chapagain, 2007)

How Thirsty Is Our Food?

Liters of water required to produce one kilogram of the following food products*

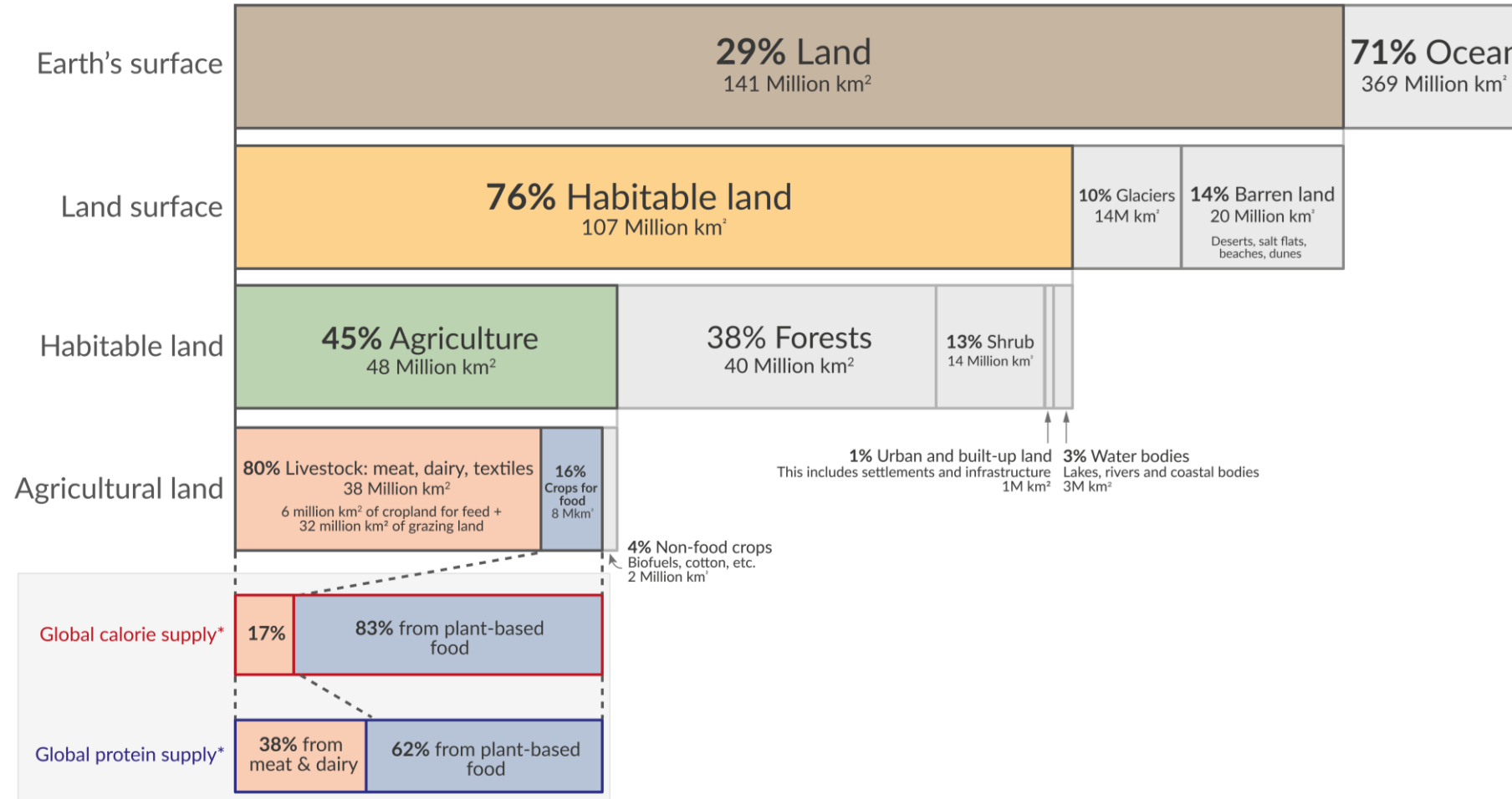


* Global averages
Source: Water Footprint Network

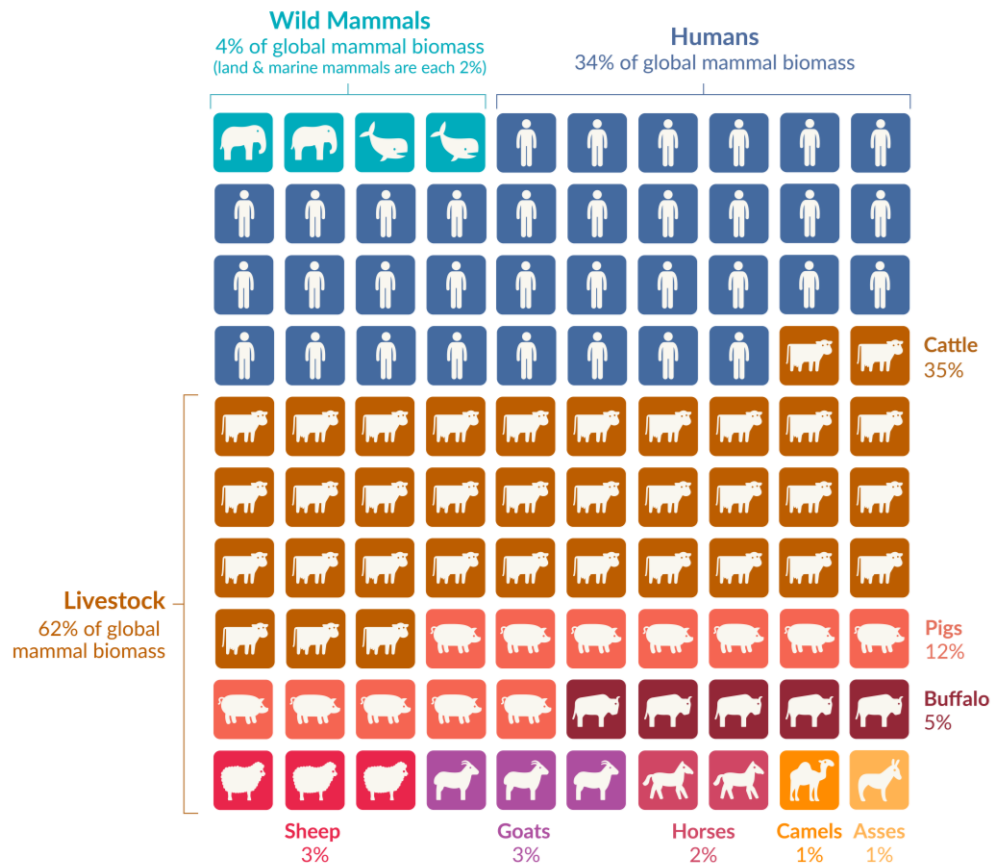


statista

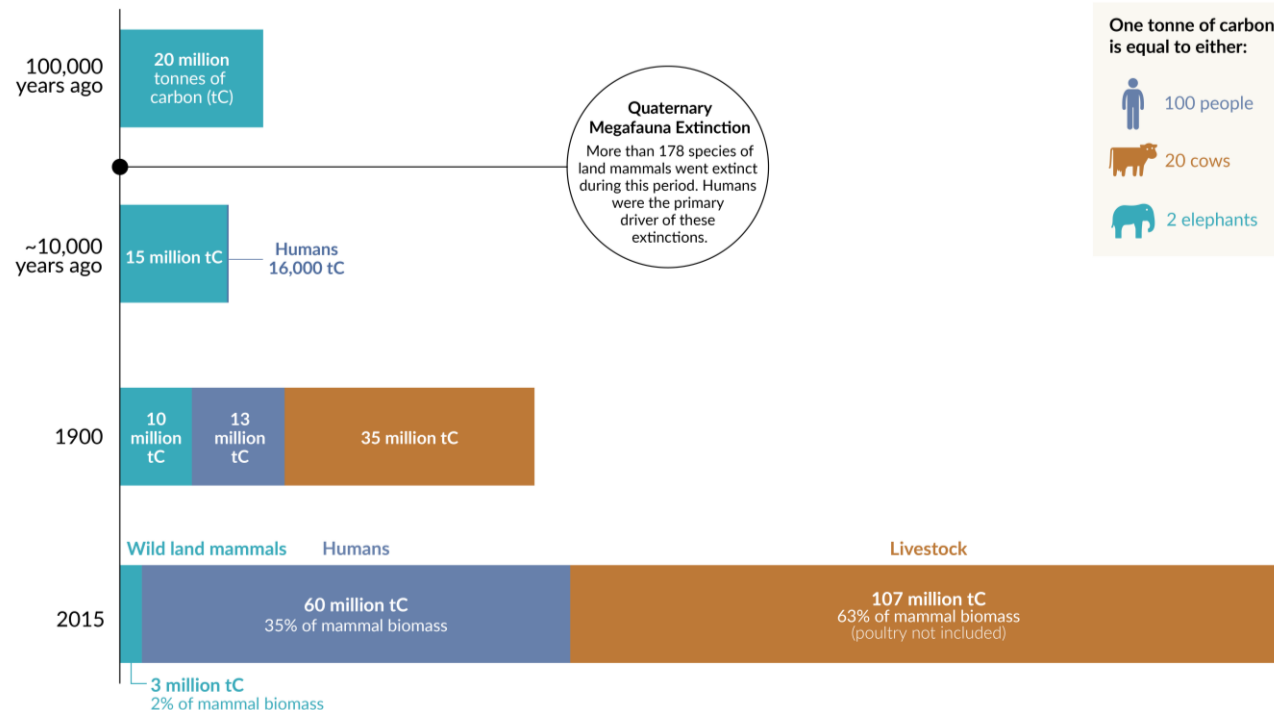
Uso Globale del Suolo per la Produzione Alimentare



Distribuzione dei mammiferi sulla Terra



~85% decline in wild terrestrial mammal biomass since the rise of humans

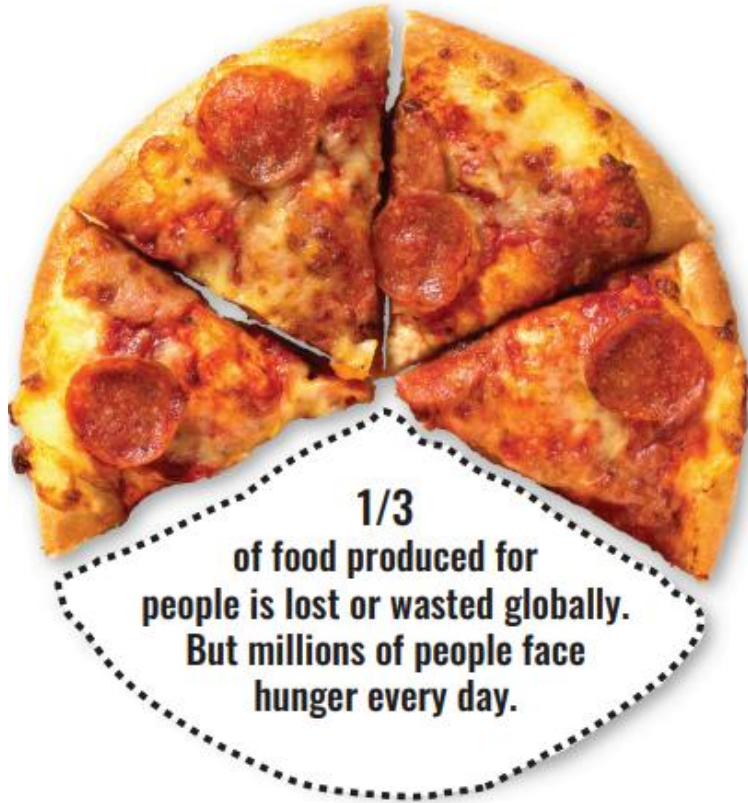


One tonne of carbon is equal to either:

- 100 people
- 20 cows
- 2 elephants

Spreco Alimentare

Perchè è un problema?



This can't go on. #stopfoodwaste



amounting to
1.3 billion tonne
of food waste

that could feed
2 billion people

that costs almost
1 trillion USD

that equals to
6% - 8%
of all human caused
greenhouse gas emissions

<https://www.worldwildlife.org/teaching-resources/toolkits/be-a-food-waste-warrior>

Spreco Alimentare

Dove viene perso o sprecato il nostro cibo?



Risorse

Agisci!



DOCUMENTARIES:

[Cowspiracy](#)

What The Health
Before the flood
Eating our way to
extinction



VEGAN RECIPES ON YOUTUBE:

Cheap Lazy Vegan
Avant-garde Vegan



TO READ ON PLANT BASED NUTRITION:

The Vegan Society



SHOP IN SEASON OR/AND LOCAL:

Finding the local and
seasonal fruits &
vegetables where you're
living



SUPPORT SOCIAL MOVEMENTS:

Slow foodfood
Wold Food Forum (WWF)
RECUP
FAIRTRADE Italia
Altromercato



TO LEARN MORE ABOUT COMPOSTING:

Help Me Compost Guide
[@positevelygreenliving](#)
[@huwrichards](#)



APPS:

Too Good To Go
Supercook



TALK ABOUT THIS TOPIC AND RAISE AWARENESS



SUPPORT BUSINESS WITH DONATE POLICIES