



# **SERVE THE PLANET 2018**

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## **Module 2: Study Circle Part 2**

### **Energy Use in Daily Life: Food**



# Outline

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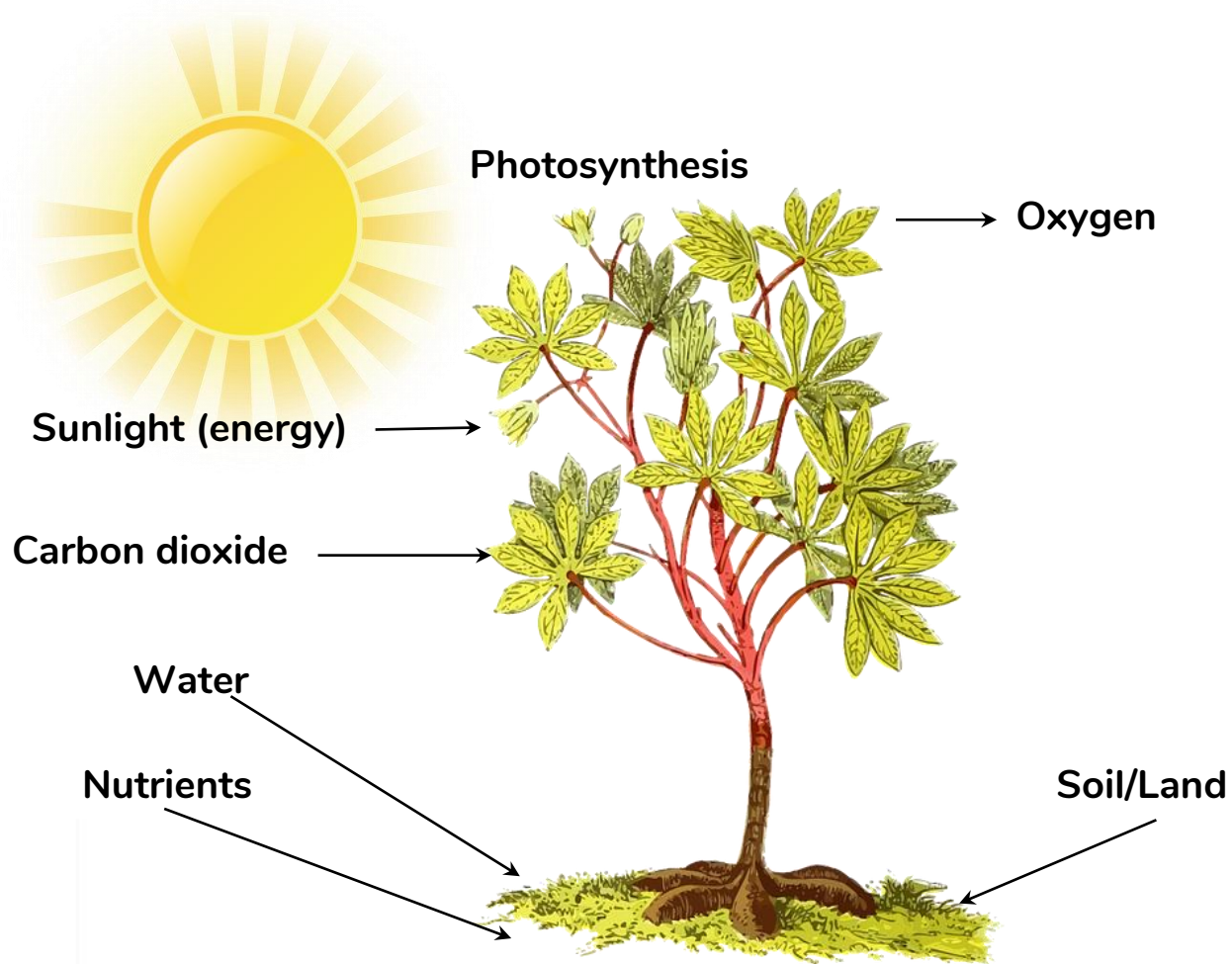
- ▶ Vital elements required for a plant growth
- ▶ Energy use in food supply system
- ▶ The environmental impact of energy consumption in the food supply system
- ▶ Food habits and impact on energy consumption and the environment
- ▶ 'Ceiling on Desires' and energy saving tips

**The purpose of this study circle is to help us to better understand how food production, processing, consumerism (food habits/choices) and disposal all contribute towards the consumption of energy use. Through this, we will navigate ways of conserving energy sources as well as mitigating environmental impacts.**



# Elements required for plant growth

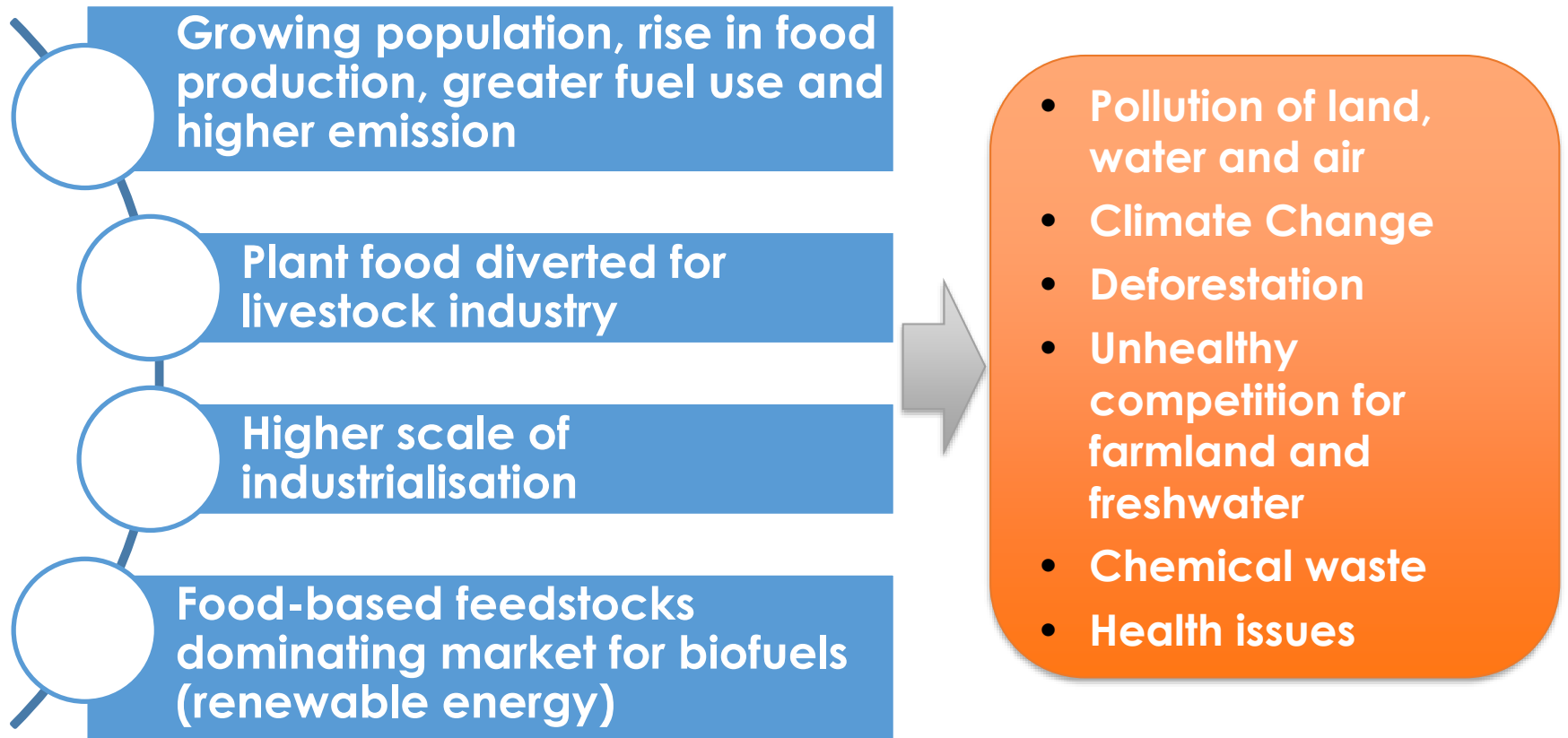
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# Energy use in food supply system



# Environmental impact of food supply system



# Food habits and energy saving



<https://www.youtube.com/watch?v=g1z1taw6yNw>

Video duration – 1 min 30 secs



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# Food habits and energy saving



The Greenhouse Gas impact of different types of diets per person and per year represented in car kilometers



Diet without meat and dairy products ( = pure plant-based/vegan )

org. **281 km**

conv. **629 km**



Diet without meat, but with dairy products (vegetarian)

organic **1978 km**

conventional **2427 km**



Diet with meat and dairy products

organic **4377 km**

conventional **4758 km**

More about climate change on the Internet: [www.vegetarismus.ch/knrv/index\\_en.htm](http://www.vegetarismus.ch/knrv/index_en.htm)



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# Energy Saving Tips

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Eat vegetarian food

Reduce dairy intake

Buy locally grown  
and seasonal  
products

Use your garden &  
balcony to grow  
vegetable

Grow an  
environmentally  
friendly garden

Avoid food waste

Compost organic  
waste

Apply innovative  
gardening/  
agricultural  
techniques





# Recap

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- ▶ The extent of energy used in the 'food sector'
- ▶ How this affects the environment
- ▶ How we can reduce our energy footprint through the food we eat
- ▶ Which foods can help us to serve Mother Earth



# In **PART 3** of this study circle series, we will cover: **Transportation**

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- ▶ Transportation and its evolution
- ▶ Modes, elements and energy sources
- ▶ The environmental impact of energy use in transportation
- ▶ Transportation and energy saving
- ▶ 'Ceiling on Desires' and energy saving tips



# Get in Touch

If you have any questions, feedback or ideas on Serve The Planet Programme, please get in touch with the Team at [servetheplanet.ssio@gmail.com](mailto:servetheplanet.ssio@gmail.com)

**JAI SRI SAIRAM!**



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