

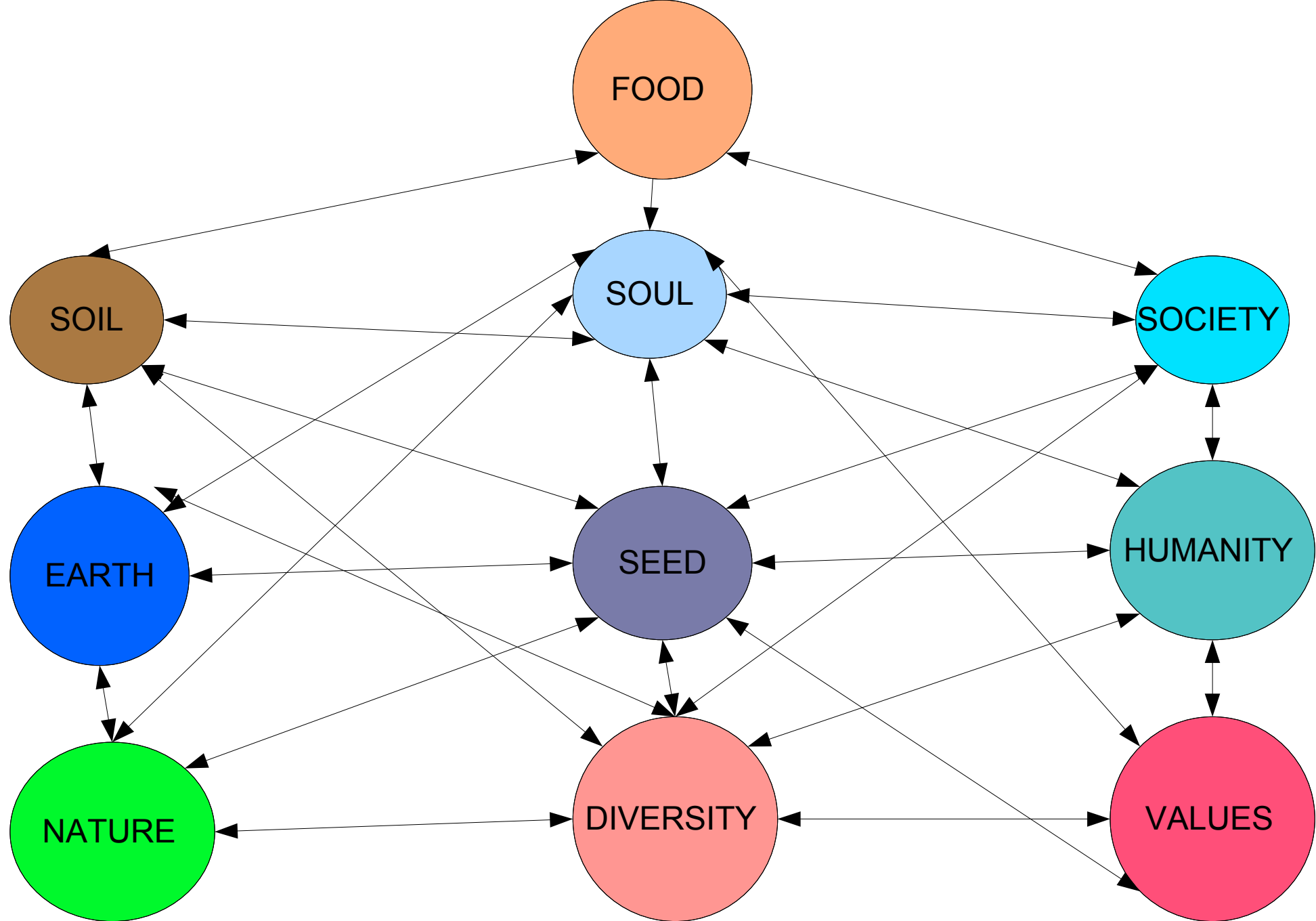


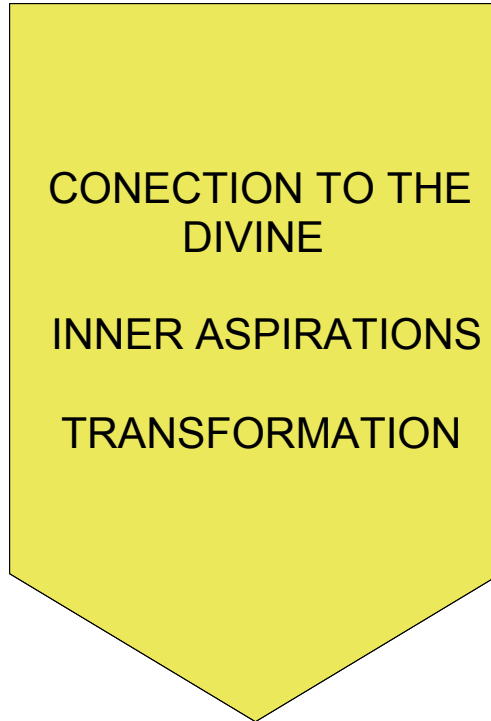
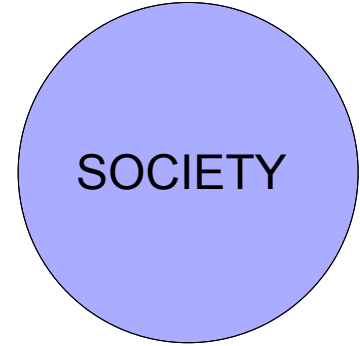
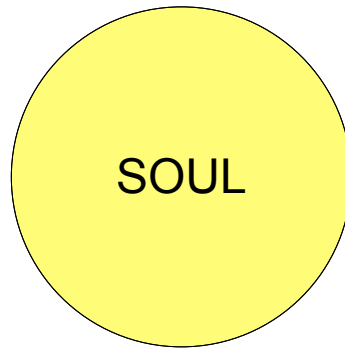
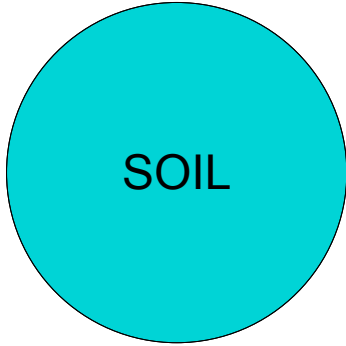
*"Experiential Environmental Programs for
an Emerging World"*



Introduction to

HOLISTIC FOOD SYSTEMS





FOOD CIRCLES

- COMMUNITY-BASED FOOD SYSTEM
- BIOCENTRIC APPROACH
- BASED ON 4 PRINCIPLES

ECOLOGICAL WISDOM

- FOOD IS PRODUCE IN HARMONY WITH NATURE
- FOOD DISPOSAL IS TRANSFORMED INTO COMPOST
- FOOD IS PRODUCED MOSTLY LOCALLY
- FOOD IS PACKED IN DEGRADABLE MATERIALS.

SOCIAL JUSTICE

- FARMERS GET A FAIR PRICE FOR THE PRODUCE SO THEY CAN CONTINUE TO SUSTAIN THEIR NEEDS AND FUTURE GENERATIONS
- CONSUMERS & PRODUCERS ARE UNITED
- ALL COMMUNITY MEMBERS HAVE ACCESS TO HEALTHY FOOD REGARDLESS THEIR IN COME

GRASSROOTS DEMOCRACY

- FOOD SECURITY MUST BE CONTROLLED BY THE COMMUNITY AND NOT BY TRANSNATIONAL ORGANIZATIONS.
- COMMUNITY SUPPORTED AGRICULTURE DECISION MAKING PROCESS
-

COMMON VALUES

- ANIMALS THAT PROVIDE US FOOD ARE TREATED WITH DIGNITY AND RESPECT
- MEMBERS OF THE COMMUNITY STAND FOR UNIVERSAL VALUES: PEACE, EQUALITY, FRATERNITY, CREATIVITY, BEAUTY, GRATITUDE, GENEROSITY, COMPASSION....

FOOD & FARMING IN THE 21ST CENTURY

Un-sustainable eating and farming habits

Food is processed (this takes energy, water and packaging and is worse for health)

Food is packaged - created plastic and paper waste. Waste is discarded far from the source and the user

Food travels many miles. Energy obtained from the food is much less than the energy used to bring it to you.

Eating higher on the food chain is less sustainable. 6kg of wheat will produce 12 loaves of bread or one hamburger.

Conventional farming is energy intensive - its takes both oil and energy to produce pesticides, herbicides and fertilizers. Needs more water input.

Large farms and monoculture are unsustainable. They depend on mechanization and wastage of resources

Consumers and producers are separated



Sustainable eating and farming habits

Food is fresh and whole - less resources, better for health

Food is sold without packaging or with minimal packaging (all waste must be recycled locally)

Food eaten grows locally or as local as possible

Whole food plant based diet is most sustainable.

Organic farming does not waste energy or water.

Small farms with multiple crops are more sustainable

Consumers and producers are united



NATURE

ECOLOGICAL FOOT PRINT ENQUIRY

- HOW MUCH LAND I NEED TO SUSTAIN MY DAILY DIET?
- HOW MUCH LAND I'M ELIGIBLE TO USE TODAY?
- HOW CAN I MINIMIZE THE IMPACT ON THE ENVIROMENT?
- HOW MANY MILES MY FOOD TRAVELS?
- HOW MUCH GARBAGE I DO GENERATE?
- WHAT CAN I DO WITH MY GARBAGE?



AGRICULTURE & HUSBANDRY ENQUIRY

- HOW THE VEGETABLES I EAT ARE GROWN?
- HOW THE MEAT I EAT IS PRODUCED?
- WHY WE EAT?
- FOR WHAT WE EAT?



FOOD PROCESSING ENQUIRY

- HOW MUCH FRESH IS THE FOOD I EAT?
- WHAT ARE ARTIFICIAL FOOD ADDITIVES?
- WHAT ARE THE EFFECTS ON MY HEALTH?
- WHAT ARE THE EFFECTS ON THE PLANET?