"Experiential Environmental Programs for an Emerging World"
Introduction to

HOLISTIC FOOD SYSTEMS
SOIL

- RESOURCES (FOOT PRINT)
- AGRICULTURAL METHODS
- FOOD PROCESSING

SOUL

CONNECTION TO THE DIVINE
INNER ASPIRATIONS
TRANSFORMATION

SOCIETY

LIFE STYLE
VALUES
MEDIA EXPOSURE
CONSUMERS
EMPOWERMENT
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 INCOME
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....
<table>
<thead>
<tr>
<th>Un-sustainable eating and farming habits</th>
<th>Sustainable eating and farming habits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food is processed (this takes energy, water and packaging and is worse for health)</td>
<td>Food is fresh and whole - less resources, better for health</td>
</tr>
<tr>
<td>Food is packaged - created plastic and paper waste. Waste is discarded far from the source and the user</td>
<td>Food is sold without packaging or with minimal packaging (all waste must be recycled locally)</td>
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<tr>
<td>Food travels many miles. Energy obtained from the food is much less than the energy used to bring it to you.</td>
<td>Food eaten grows locally or as local as possible</td>
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<tr>
<td>Eating higher on the food chain is less sustainable. 6kg of wheat will produce 12 loaves of bread or one hamburger.</td>
<td>Whole food plant based diet is most sustainable.</td>
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<tr>
<td>Conventional farming is energy intensive - its takes both oil and energy to produce pesticides, herbicides and fertilizers. Needs more water input.</td>
<td>Organic farming does not waste energy or water.</td>
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<tr>
<td>Large farms and monoculture are unsustainable. They depend on mechanization and wastage of resources</td>
<td>Small farms with multiple crops are more sustainable</td>
</tr>
<tr>
<td>Consumers and producers are separated</td>
<td>Consumers and producers are united</td>
</tr>
</tbody>
</table>
ECOLOGICAL FOOTPRINT 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 ENVIRONMENT?
- 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?