

Save The Planet - With a Healthy You

YOU to the Power of 3

Created for Your Earth & Your Wellbeing



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Save The Planet - With a Healthy You

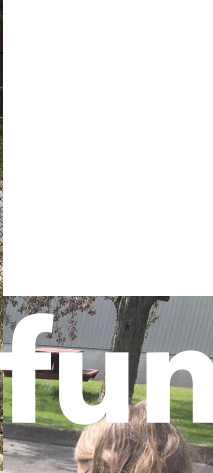
YOU to the Power of 3

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YOU to the Power of 3

to grow your

**COMMUNITY
IMMUNITY
SUSTAINABILITY**



join in the fun - locally



Knowing!

35% < of world's food production is lost or wasted each year

50% < \$\$\$ Canadians spend on food per year is wasted, or enough to feed every Canadian for five months.

saves you
&
money!

<https://www.weforum.org/agenda/2022/11/food-waste-101-the-facts-and-solutions/>

Is there hope?

Yes!





having Fun!

saves you
&
money!



seriously - having Fun!

Our Garden Games LEGS Garden Season...

<https://www.youtube.com/watch?v=ML2Xioo7b3M>

**saves you
&
money!**

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to grow your

COMMUNITY

Eating Kale



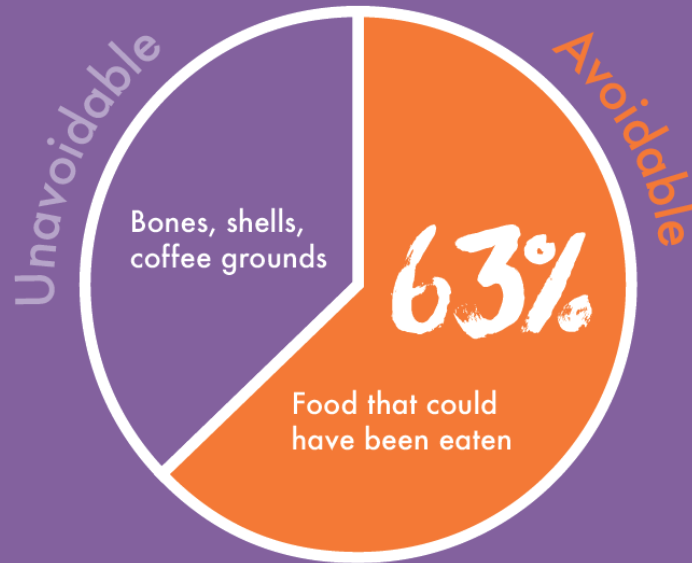
saves you
&
money!

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money!

AVOIDABLE HOUSEHOLD FOOD WASTE



<https://lovefoodhatewaste.ca/about/food-waste/>

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**1/2 of all produce is thrown
away in US**

**because it is seen as being
too 'ugly' to eat**

**saves you
&
money!**

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What does eating for the planet offer us?

Fruits and vegetables
account for 45% of
food waste

saves you
&
money!



imperfect -
love them anyway!

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saves you
&
money!

THREE MAIN TYPES OF FOOD WASTE



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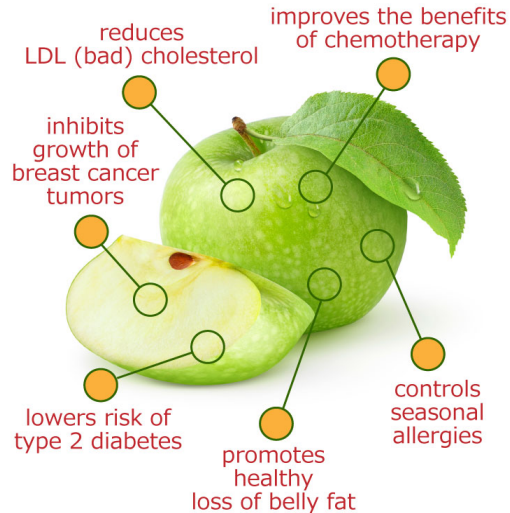
IMMUNITY

What does eating for the planet offer us?

Healthier Bodies

saves you
&
money!

eat MORE
apples





Join us in the garden
**The ultimate
Apothecary is
fresh food**

**saves you
&
money!**



**Local
Organic
Fresh**
*Eat what the earth
offers you*

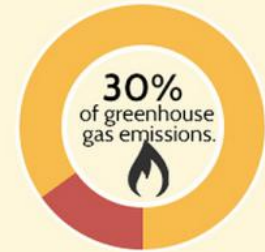
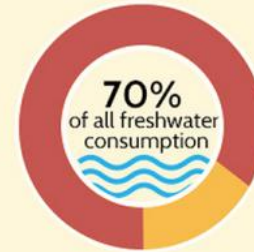
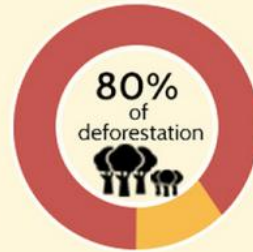
So what can we do?

1. Eat Local
2. Eat Fresh
3. Eat balanced
4. Eat regularly
5. Eat consciously

saves you
&
money!

Loss of resources

Food production is the largest singular cause for the loss of world biodiversity. Food production is responsible for,



When food is wasted, it also means that all the resources used in the production of food are also lost.

1,000 litres of water - one litre of milk
16,000 litres of water- one hamburger.

What does eating for the planet offer us?

Healthier Bodies

saves you
&
money!



What does eating for the planet offer us?

Healthier Bodies

& SAVINGS \$\$\$


\$1
buys

1,200
calories



875
calories



250
calories



170
calories



What does eating for the planet offer us?

MORE ENERGY

saves you
&
money!

12 FOODS TO EAT FOR ENERGY

[facebook.com/WorkingOut101](https://www.facebook.com/WorkingOut101)



HONEY



APPLES



EGGS



SWEET POTATOES



SALMON



ORANGES



BANANAS



OATS



BEANS



SPINACH



YOGURT



ALMONDS

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The Cost of Waste in Canada

\$31 billion = **40%**
food wasted of food produced
in Canada



Here's the low down:

cheap food is actually very expensive \$\$\$

From use of artificial fertilizer and pesticides to the effects of soil degradation, water pollution, climate change and the obesity epidemic

-
- our current food system has a significant number of hidden costs to the natural environment and human health.

- these very real costs far outweigh the benefits of "cheap" food.
from : <http://www.natureandmore.com/the-true-cost-of-food-how-it-works>

**Does NOT
save you & money!**

The True Cost of a Big Mac:



Health care: \$5.69

Subsidies: \$0.70

Environment: \$0.67

Cruelty: \$0.38

Retail price: \$4.56

Total: \$12.00

Does NOT
save you & money!

Hidden Costs of Cheap Food Production

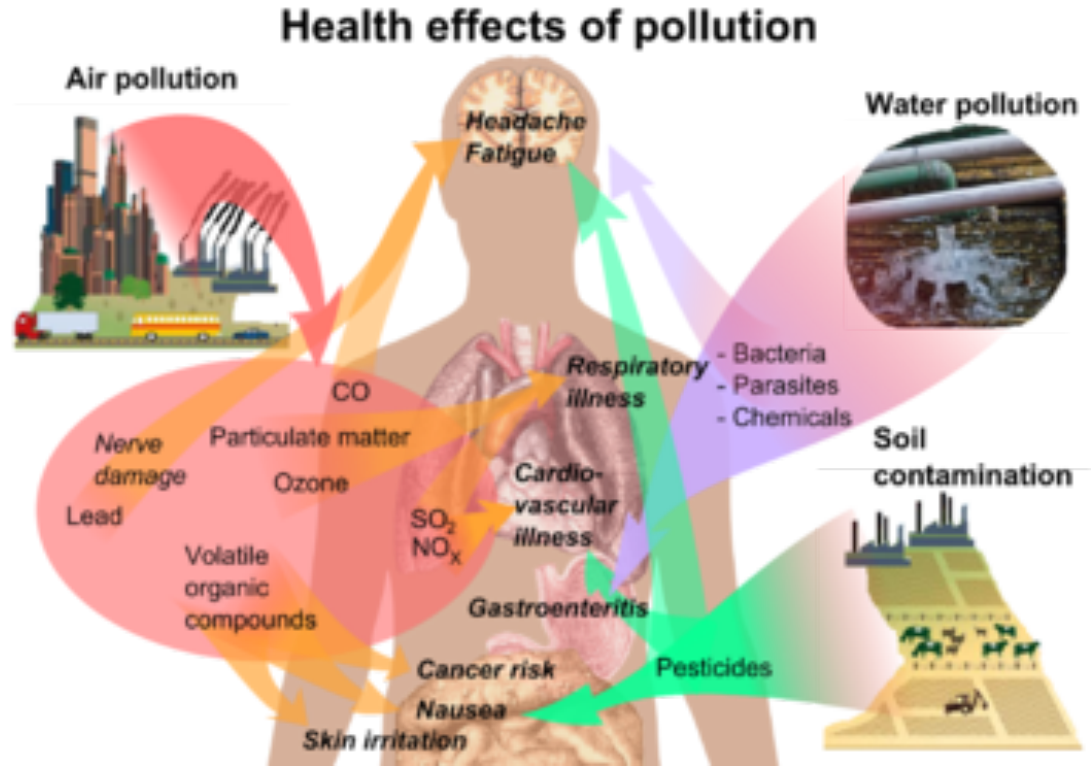
Pollutants & Pesticides:

Pollute local wilderness areas
Pollute our bodies
Pollute our bodies of water

Destroy healthy environments
Destroy beneficial bacteria &
Nutrients

Increase defects in nature

**Does NOT
save you & money!**



What foods are most affected?

The USA National Academy of Sciences found that the worst foods for residues are, in descending order:

1. Tomatoes
2. Beef
3. Potatoes
4. Oranges
5. Lettuces
6. Apples
7. Peaches
8. Pork



9. Wheat

10. Soybeans

11. Beans

12. Carrots

13. Chicken

14. Corn

15. Grapes



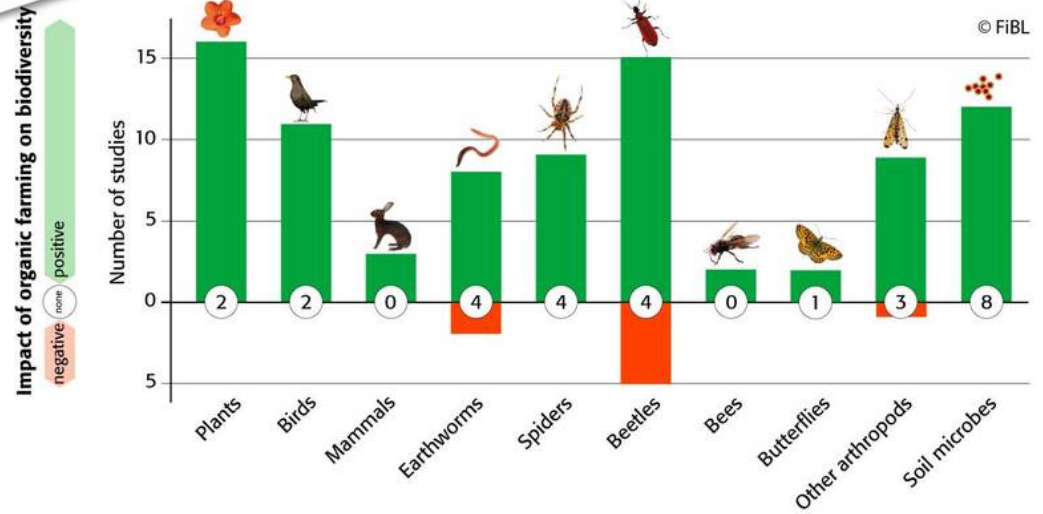
List of the Top 10 Worst Foods for Pesticides



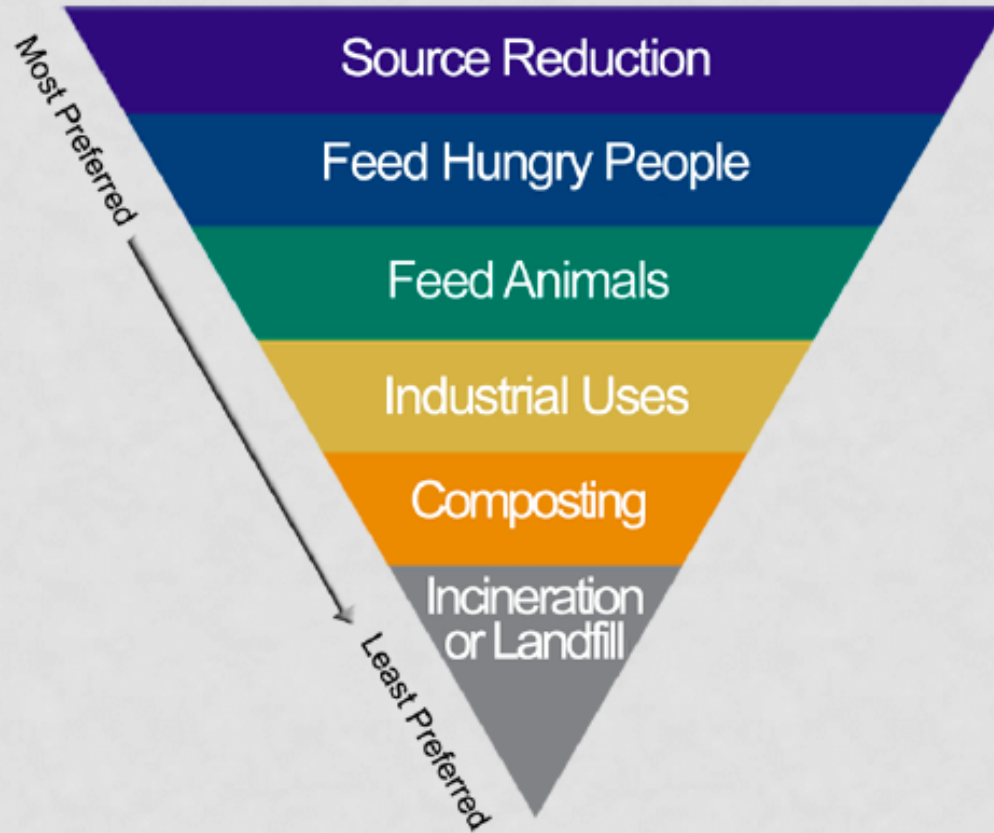
Non Organic Meat
Berries
Apples
Soft fruit (grapes, peaches...)
Cucumbers
Potatoes
Spinach, leafy greens
Milk & all Dairy
Coffee
Pastas, wheats

What does eating for the planet offer us?

HEALTHY ENVIRONMENT



Food Recovery Hierarchy



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money!

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What does eating for the planet offer us?

MORE FUEL

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money!**



When a calorie isn't a calorie:

Parsing the raw vs. cooked food debate and the curious case of almonds

“The notion that our body can derive variable amounts of calories from food is an intriguing one. At the very least, it is another piece in the puzzle suggesting that whole, minimally processed, and yes, in some cases raw foods might not only be better for our health, but possibly our weight. So, while more research is needed (and raw meat is still generally not recommended), you might want to pass on the applesauce or mashed potatoes and grab the real thing instead.”

<http://news.nationalpost.com/health/when-a-calorie-isnt-a-calorie-parsing-the-raw-vs-cooked-food-debate-and-the-curious-case-of-almonds>

What does eating for the planet offer us?

1. Healthier Environment
2. Healthier Bodies
3. More Energy
4. Less work
5. Greater local diversity
6. Stronger Social Network

**saves you &
money!**



What does eating for the planet offer us?

Less work:

ITHACA, N.Y. — Organic farming produces the same yields of corn and soybeans as does conventional farming, but uses 30 percent less energy, less water and no pesticides, a review of a 22-year farming trial study concludes.

The Vertical Harvest farm is a three-story hydroponic greenhouse on a 30 foot by 150 foot plot of land in Jackson, Wyoming. The company is capable of producing more than 37,000 pounds of greens, 4,400 pounds of herbs and 44,000 pounds of tomatoes.

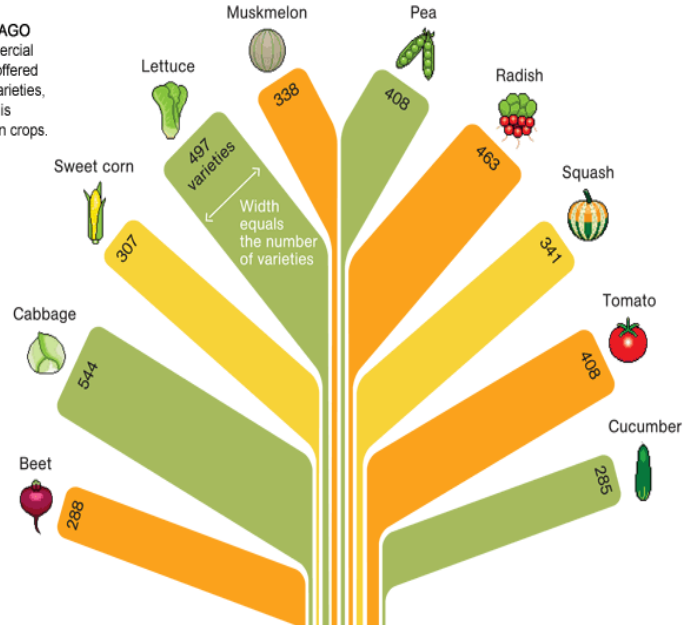


What does eating for the planet offer us?

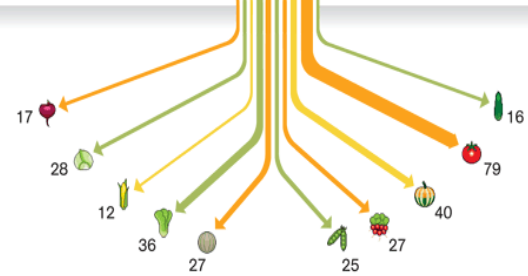
DIVERSITY

saves you & money!

A CENTURY AGO
In 1903 commercial seed houses offered hundreds of varieties, as shown in this sampling of ten crops.



80 YEARS LATER
By 1983 few of those varieties were found in the National Seed Storage Laboratory.*



What does eating for the planet offer us?

Greater local diversity

Local food supports the local economy. The money that is spent with local farmers and growers all stays close to home and is reinvested with businesses and services in your community.

Local food benefits the environment. By purchasing locally grown foods you help maintain farmland and green and/or open space in your community.

http://msue.anr.msu.edu/news/7_benefits_of_eating_local_foods



What does eating for the planet offer us?

1. Healthier Environment
2. Healthier Bodies
3. More Energy
4. Saves Money
5. Less work
6. Greater local diversity
7. Stronger Social Network

**saves you &
money!**



Eating well... For the Environment With Environment!

For the body - With the body

For the mind - with the mind

For the spirit - With the Spirit

mindful eating

Here are a few tips you can try at home:

-  1 Always try to sit down at a table to eat.
-  2 Before you sit, clear any clutter that may be on the table.
-  3 Set a place for yourself, even if you are eating alone.
-  4 Use tableware and utensils that appeal to you.
-  5 Take a moment to adjust the lighting so it feels pleasant to you.
-  6 Consider playing some soft, relaxing music while you eat.
-  7 Try to minimize multitasking while eating.

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Planning Tips on Eating Healthy for you and the Planet:

At the Store

1. Shop smart. Plan meals, use grocery lists, and avoid impulse buys.
2. Buy what you need.
3. Be realistic. If you live alone, you won't need the same number of apples as a family of four (unless you really like apples).
4. Buy funny-looking produce.
5. Have a Plan B. Let's say you buy Camembert to make a fancy dish for that fancy dinner party — and then the dinner party is canceled.

Are you committed to reducing food waste? Share in the comments get in touch with the author on Twitter [@lauranewc](#).

Less is more.

Planning Tips on Eating

Healthy for you and the Planet:

At Home

- Practice FIFO. It stands for First In, First Out. Monitor what you throw away.
- Take stock. Note upcoming expiration dates on foods you already have at home, and plan meals around the products that are closest to their expiration.
- Designate one dinner each week as a “use-it-up” meal.
- Eat leftovers! Brown-bag them for work or school for a free packed lunch.
- Use it all. When cooking, use every piece of whatever food you’re cooking with, whenever possible.
- 12. Store better. If you regularly throw away stale chips/cereal/crackers/etc store them in airtight containers
- Repurpose leftovers scraps. Use vegetable and meat scraps in homemade stocks, and use citrus fruit rinds and zest to add flavor to other meals.
- Check the fridge. Make sure it’s functioning at maximum efficiency. Look for tight seals, proper temperature
- Preserve produce. Freeze, Dry, Juice, Dehydrate, Can, Pickle, Ferment.
- Donate what you won’t use. Donate the gross stuff, too! Compost!
- Store food properly in the fridge. Store things properly in the freezer.

Planning Tips on Eating Healthy for you and the Planet:

At Meal Time

- Check in with your belly.--- fact, one study found that reducing portion sizes is an easy way to reduce food waste
- Split the dish. If eating out, split a dish with a friend so you don't waste half of the giant portion sizes found at many restaurants.
- Take home leftovers. (bonus eco points if you bring your own reusable container!)
- Share. Made a quadruple recipe of a casserole you ended up disliking? Gift it to friends, family, or neighbors —
- Educate other people by sharing your awesome recipes & skills!
- Originally published June 2013.

Less is more.

Resources:

TUG - Toronto Urban Growers

-- <http://torontourbangrowers.org/>

Fresh City Farms

-- <https://www.freshcityfarms.com/>

Organic Council of Ontario

-- <http://www.organiccouncil.ca/>

Resources

<http://www.businessinsider.com/growing-our-own-food-saves-us-up-to-24000-a-year-2015-4>

<http://www.dietoflife.com/12-cost-effective-vegetables-grow/>

<http://usesofherbs.com/lemon-balm>

<http://www.natureandmore.com/the-true-cost-of-food-how-it-works>

<http://postharvestinstitute.illinois.edu/events.html>

<http://greatist.com/health/how-to-ways-reduce-food-waste>

<http://www.fruitnet.com/eurofruit/article/169015/true-cost-estimate-helps-organic-cause>

<http://www.resilience.org/stories/2005-07-25/organic-farming-uses-less-energy-same-yields/>

<http://www.ecowatch.com/5-ways-vertical-farms-are-changing-the-way-we-grow-food-1882019986.html>

<http://alegriafresh.com/alegriafarm.html>

<https://www.waste360.com/food-waste/save-foods-tackles-food-waste-reduction-goals>

<https://www.youtube.com/watch?v=ML2Xioo7b3M>

<https://madeinca.ca/food-waste-canada-statistics/>

Thyme to connect with Monika
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