

How Does Our Food System Contribute to Climate Change?

FOOD PRODUCTION, CONSUMPTION, AND WASTE

The world's food system is responsible for 25-30% of global greenhouse gas emissions. Beef and dairy make up about half of these emissions. That's because livestock production requires land; 60-80% of global deforestation occurs to meet this need. Deforestation reduces the amount of carbon stored by the land and emits carbon dioxide.

Cattle also release methane - a potent greenhouse gas - as part of their digestion.

WHAT CAN WE DO?

1. **Modify Your Diet.** Eat less beef and dairy and more plant-based foods. Plant-based foods have a much lower carbon footprint than animal products.
2. **Cut Food Waste.** Buy only what you need and compost. Globally, food waste accounts for 6-10% of greenhouse gas emissions.
3. **Shop at Farmers Markets.** Buy locally; eat seasonally; and support farmers practicing regenerative agriculture.
4. **Support Regenerative Agriculture Policies.** Regenerative agriculture restores soil health and healthy soils store more carbon.
5. **Support the Farm Bill.** Under the Biden Administration, the Inflation Reduction Act included \$19.5 billion for the U.S. Department of Agriculture to invest in climate-smart agricultural practices.

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