




BeanMeals
Thinking beyond the can



Sustainable food and food systems



A worker wearing a high-visibility yellow and green safety vest, a dark cap, and black gloves is crouching over a large pile of food waste in a landfill. The waste includes various fruits, vegetables, and other organic materials. The background shows a concrete wall and some structural elements of the landfill site.

FOOD IS NOT RUBBISH

**What happens when food goes
to landfill?**

Methane

3 largest sources of Methane?

1. Landfill
2. Livestock, plant eating
3. Oil and gas systems

A person wearing a yellow safety vest and a dark jacket is working in a field of autumn leaves. The person is leaning over, possibly raking or clearing the leaves. The background shows a line of trees and a fence, suggesting a rural or farm setting. The overall scene is slightly faded, serving as a background for the text.

Let's talk about pumping! (or personal emissions)

Some personal emissions do contain methane but only a tiny fraction (1%) of the methane produced by a cow.

FOOD WASTE FACTS!

One third of all food produced globally goes to waste.



FOOD WASTE FACTS!

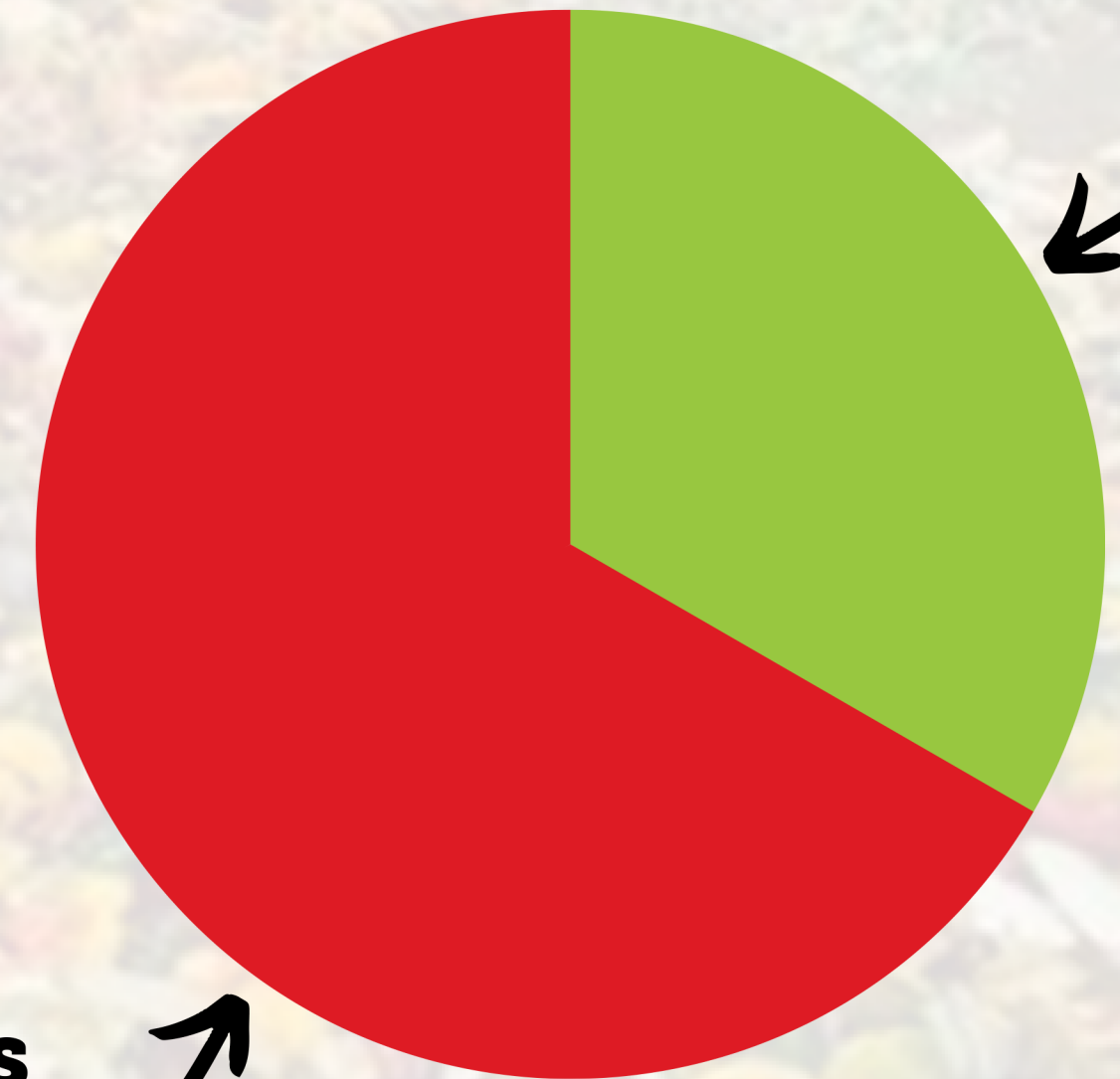
Over half of all food waste is avoidable.

Who wastes the most food?

Food companies or us?

**Consumers
(us)**

**Food
companies**

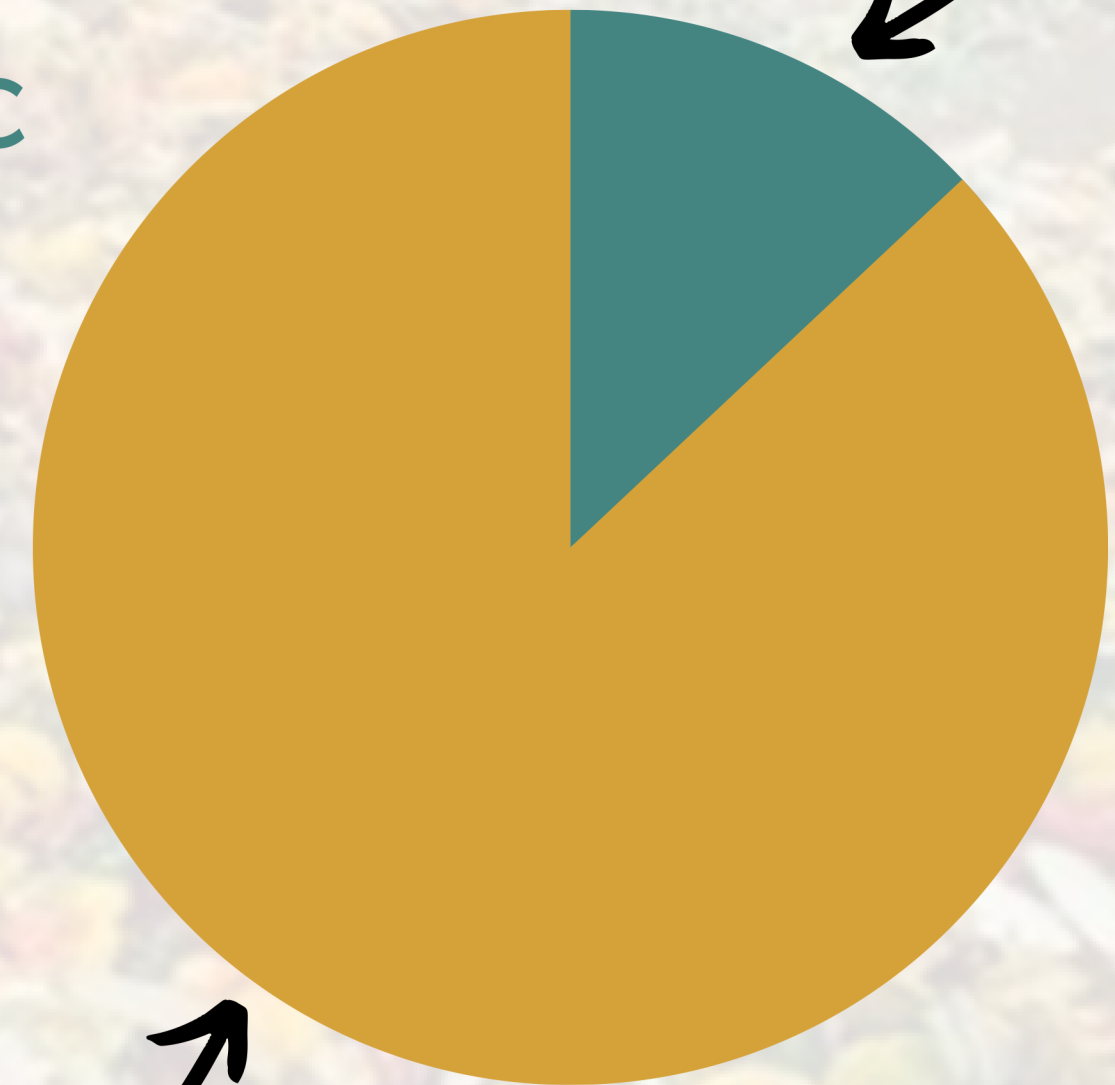


FOOD WASTE FACTS!

13% of all England's non-domestic food waste (not from homes) is from Schools.

**Restaurants,
businesses, shops etc.**

Schools



The idea for school meals is...



farm

fork



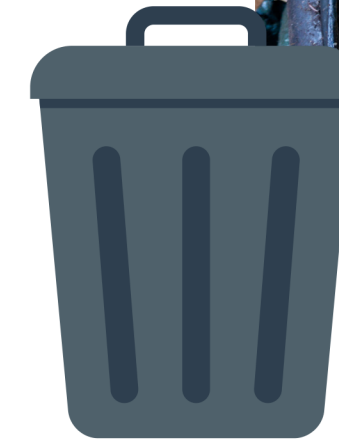
The idea for school meals is **NOT**



farm

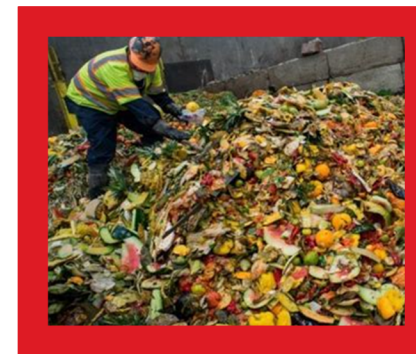


bin



What is a healthy and sustainable diet?

It is eating food that is both good for your health and the environment...



...so includes reducing food waste!

What is a healthy and sustainable diet?

- LESS processed food high in fat/salt/sugar;

WHY?

Too much fat, salt and sugar are bad for our health.

The more processed a food product is, the more energy it will have taken to make it and the more likely it will contain ingredients that have gone through industrial processes.

What is a healthy and sustainable diet?

- less but better quality meat

WHY?

It takes a lot of energy and land to produce meat.

Intensively reared animals are fed grain (which uses land that could be used for growing food for humans).

Rainforests and wildlife-rich land in places like Latin America are often destroyed to make space for growing animal feed.

What is a healthy and sustainable diet?

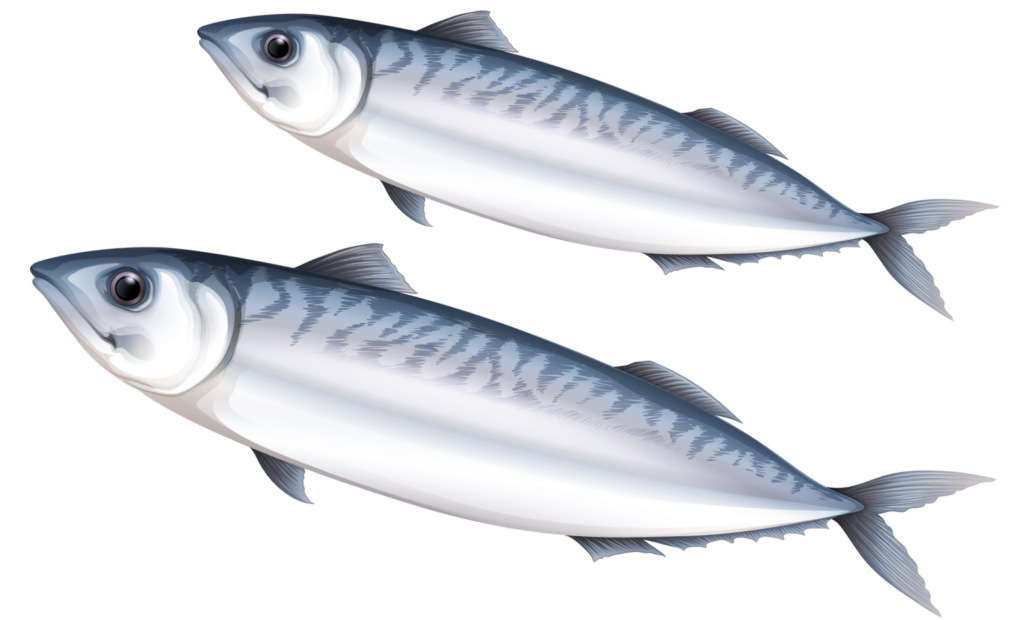
- MORE fruit and vegetables, whole grains and sustainable fish

WHY?

Fruit and veg are good for our health.

They do not take a lot of energy to grow.

Fish is good for our health and uses less energy and therefore has less impact on the environment than meat.



What do I need to eat to have a healthy and sustainable diet?

- More fruit, vegetables, legumes and nuts
- More plant protein, e.g. beans, lentils
- Eat seaworthy fruit, e.g. apples and bananas.
- Less meat, especially red meat



What do I need to eat to have a healthy and sustainable diet?



- Buy less tropical fruit and more UK fruit and veg in season.
- Avoid processed food, including sugar as this is more likely to have a high energy footprint.
- Fish from sustainable sources
- **Reduce food waste**





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**Why do beans
make a good
ingredient for a
sustainable diet?**

Why do beans make a good ingredient for a sustainable diet?

Environment:

- Beans use 10 times less water to grow than beef.
- Beans are legumes - legumes fix nitrogen from the air into the soil, improving the soil's health (they have special 'nodules' on their roots).



What do beans make a good ingredient for a sustainable diet?



Health

- Legumes (which include beans) contain Folate and Calcium which are important for your physical growth.
- The high amount of fibre in beans will keep you satisfied until your next meal.
- The combination of protein and carbohydrates keeps you awake during lessons.



What do beans make a good ingredient for a sustainable diet?

Economy

- They are a cheap source of protein.



What can we do in school?



- Try beans when they are on the school menu
- Measure food waste
- Talk to the school caterers and cooks to find alternatives for the most common foods wasted
- Reduce the number of meals with meat on the menu or replace the meat with beans and pulses
- Encourage everyone to eat their 5-a-day of fruit and vegetables
- Compost