



The Omnivores Dilemma: A Survival Guide

A month to think about what we eat!

How can I eat more sustainably?

- If you normally eat meat every day of the week, try to celebrate "Meatless Mondays".
- Support your local economy by supporting your local food system at home and in restaurants by shopping at farmers markets or by joining a local Community Shared Agriculture (CSA) program.
- Make yourself aware of food issues by reading books and watching movies about food.
- Select meat and dairy that has been raised without hormones or antibiotics, and are grass fed or free range.
- Talk to your friends and family about food issues.
- Ask questions to farmers and supermarket store managers – do they source any of their foods locally, or preferentially purchase foods that have been produced sustainably and humanely?
- Research what the problems are with conventional foods systems, and what solutions are available.
- Decrease the amount of processed food you eat. Whole foods are healthier, more flavourful, and often cheaper.

What does my diet have to do with sustainability?

Air Pollution & Climate Change:

- Industrial farms produce a lot of air pollution in the form of greenhouse gasses (GHG's) such as methane, which is 25 times stronger than carbon dioxide.
- GHG's are also emitted during the processing and transportation of all types of food. The more food travels to get to your plate, the bigger its environmental impact.
- 35% of GHGs in MB come from agriculture (excluding transportation, heating and refrigeration). (source: Climate Change Connection).
- In 2008, 29% of Mb's agriculture related emissions came from livestock (methane, animal burps & farts) and 11% came from manure management (methane from uncomposted manure). (Source: Climate Change Connection)

Biodiversity:

- Conventional agriculture uses monoculture (growing only one type of plant or animal in an ecosystem) instead of biodiversity (where an ecosystem hosts a variety of types of life). Biodiversity is generally held as a measure of the health of an ecosystem.

Economics:

- Proponents of industrial agriculture claim that large-scale factory farming is the most efficient way to produce large quantities of inexpensive food. But the price of industrial food does not take into account the environmental costs of production, nor does it provide adequate income to farmers. In 2005, the average net cash farm income for Manitoba farmers was \$-1,752 (source: www.localandjust.ca/?p=302).

Food Safety & Health:

- Cutting corners on the quality of animal feed, waste management, level of training for farm workers, processing methods and distribution all contribute to the safety of our food.
- Sustainable foods are healthier than industrial food because of higher levels of "good" fats and nutrients in grass-fed animal products and lower pesticide residues in organic foods. Meanwhile, industrially-produced food is detrimental to our health because it leads to outbreaks of food-borne illness, contributes to antibiotic resistance, and pollutes drinking water.

Brought to you by the UW Sustainability Initiative

Still hungry? sustainability@uwinnipeg.ca

Food Issues Reading List – IUS Library

All of the books and magazines below are available in the IUS library in the Menno Simmons building.

Books

Andrews, Geoff. (2008). *The slow food story: Politics and pleasure*. Montreal: McGill-Queen's University Press.

Coyne, Kelly & Knutzen, Erik. (2008). *The urban homestead: Your guide to self-sufficient living in the heart of the city*. Port Townsend, WA: Process Media.

Halweil, Brian. (2002). *Home grown: The case for local food in a global market*. Washington, DC: Worldwatch Institute.

Nordahl, Darrin. (2009). *Public Produce: The new urban agriculture*. Washington, DC: Island Press.

Steel, Carolyn. (2008). *Hungry city: How food shapes our lives*. London: Chatto & Windus.

Magazines

Urban Farm: Sustainable city living.

Permaculture: Inspiration for sustainable living.

Decrease your Dilemma by attending these events:

Pledge your Dilemma! Find our banner in the Atrium from September 20-24.

Easy Lunches & Refrigerator Pickles

- Friday September 24, 12:30pm
- UWSA Kitchen, Bulman MPR

Learn how to make easy vegetarian lunches to bring to school with you, and how to make tasty pickles in your refrigerator with Mary Jane Eason.

The Lake Winnipeg Project

- Monday September 27, 12:30pm-2:00pm
- Eckhardt-Grammatte Hall

This event will be a both informative and engaging as a poetry reading that will be dealing with the environmental crisis around lake Winnipeg. The goal of the event is to raise awareness and to give art and science a possibility to speak to each other.

Omnivores' Dilemma Panel Discussion

- Wednesday October 6, 12:30-2:00
- The Buffeteria, 4th floor Centennial

Is a vegetarian diet actually more sustainable in Manitoba? What type of food is better - organic or local? What does a sustainable food system in Manitoba would look like? What are the strengths of the conventional food system? Find out the answers to these questions and more!

Our panelists are Ben Kramer from Diversity Foods, Kreesta Doucette from the Manitoba Food Charter, Coral Maloney, a local urban farmer, and Stefane McLachlan from the Manitoba Alternative Food Research Alliance

Media That Matters: Good Food

- Thursday October 7, 11:30am
- Eckhardt-Grammatte Hall

Ready for some film for thought? Media That Matters brings you their first FOCUS release -- a collection of shorts on food and sustainability. Watch and take action for a healthy, sustainable and delicious future.

We would like to acknowledge The UWSA, Gallery 1C03, and Cinema Politica for helping us to bring you this film.

GreenSpace: an environmental youth forum

- Thursday October 7 – Friday October 8
- Notre Dame Recreational Centre

Two days of networking, skill-building, action-planning and hands-on change-making.

Contact greenspace@mbeconetwork.org or 947-6511 or mbecoyouth.org for more info or to register.

Premiere of Fresh, The Movie

- Wednesday October 13, 7:00pm
- The Park Theatre, 698 Osborne St. South

Fresh, The Movie, presents a vision of the possible by profiling heroes all over the U.S. who are changing the way we eat. If Food Inc. was your wake up call, Fresh, The Movie is your call to action. Check out freshthemovie.com For more information about the event or to purchase tickets in advance, visit

www.organicfoodcouncil.org/fresh

Celebrate national Organic Week (October 9th-16th) with the Organic Food Council of Manitoba, COG and Manitoba Farm Mentorship. The evening will include a panel discussion with local farmers and prize packages featuring local organic treats.

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