



YOU ARE WHAT YOU EAT

Elements of the food ecosystem, like dining, agriculture, supply chain, and culture

"Imagine if we had a food system that actually produced wholesome food. Imagine if it produced that food in a way that restored the land. Imagine if we could eat every meal knowing these few simple things: What it is we're eating."

-Michael Pollan, The Omnivore's Dilemma

QUICK FACTS

- To feed everyone in the future, we will have to put more land into agricultural production, improve crop yields, reduce the consumption of meat, harvest more from the world's fisheries, or use some combination of these strategies.
- Culture influences food preferences.
- Industrial agriculture, along with subsistence agriculture, is the most significant driver of deforestation in tropical and subtropical countries.
- UCLA aims to source 20% of food sustainability by 2020.

90%

OF WATER

is used for agricultural production

850

GALLONS

It takes 850 gallons of direct and indirect water to produce 8oz of beef

~35%

OF FOOD

is lost to waste. Unconsumed food is the largest component of solid waste in landfills

Resources

- <https://seela.org/> (@seelaorg)
- <https://www.goodfoodla.org/> (@lagoodfood)
- <https://www.lacompost.org/> (@lacompost)
- <https://foodprint.org/> (@foodprintorg)
- <https://asi.ucdavis.edu/programs/ucsarep/about/what-is-sustainable-agriculture>
- <https://www.ecoliteracy.org/food-and-sustainability> (@center_for_ecoliteracy)

