



Choosing for Nature, Three Times a Day

The True Cost of Food

Locally Grown

****AIR POLLUTION:** Transporting food is a dirty business employing ships, diesel trucks and trains. One ship creates 5 tons of particulate pollution daily.

****GLOBAL CLIMATE CHANGE:** Transporting food long distances take huge amounts of fossil fuels.

****LESS POLLUTION:** Local farms tend to use more sustainable practices and are often organic.

AIR POLLUTION & WILD PLACES LOST: Roads are major contributors to run off water pollution. Our food travels an average of 1,300 miles before it reaches our homes. Roads cross wild lands and destroy habitat.

**** LESS POLLUTION:** The United States has stronger pesticide laws than most of the third world countries; many continue the use of DDT. Sanitation regulation in some countries is practically non-existent..

Organic

****WILD PLACES LOST:** Agricultural pollution is the number one cause of water pollution. Pesticide run-off kills streams, rivers and wetlands.

****DISEASE:** Antibiotics added to animal feed create resistant germs.

****WILD PLACES LOST:** Herbicides, pesticides and fungicides poison the soil making long term agriculture less efficient.

****WILD PLACES LOST:** Genetically modified plant pollen can contaminate both crops and wild plants. The consequences are completely unknown.

****NUCLEAR PROLIFERATION:** Irradiated foods create low level nuclear waste that has to be transported by rail or road to dangerous landfills.

****HEALTHIER FOOD:** Pesticide chemicals in and on food may mimic hormones that affect cancer and other diseases.

**** FARMWORKR HEALTH:** The agricultural industry is permeated with poisons that harm farm worker's health.



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Plant Based

Beef

****WILD PLACES LOST:** Fifty per cent of the Earth is devoted to cattle production. (In the U.S., 45% of land is devoted to cattle.

****WILD PLACES LOST:** 70% of the land in the Western U.S. is devoted to cattle.

****WILD PLACES LOST:** 95% of the oats, 80% of the wheat and 80% of the corn in the U.S. is fed to cows.

****WILD PLACES LOST:** About 260 million acres of U.S. forest have been cleared to create cropland to produce our meat-centered diet.

****GRAIN:** It takes 10 to 16 pounds of grain to produce one pound of cow flesh.

****WILD PLACES LOST:** It takes 10 to 16 pounds of grain to produce one pound of beef.

****DESERTIFICATION:** The major cause is cattle grazing.

****WATER:** It takes up to about (some estimates are higher) 2,500 gallons of water to produce one pound of grain fed beef. With the same water, farmers could produce 16 pounds of broccoli, 25 pounds of potatoes, enough soybeans for three pounds of tofu or enough wheat for nearly five pounds of whole wheat bread.

****TOPSOIL LOST:** One pound of grain fed beef causes the loss of 35 pounds of topsoil.

****ENERGY:** It takes one gallon of gasoline to produce one pound of beef.

****POLLUTION:** In the United States, two billion tons of untreated sewage is discharged into the environment from cows.

Chicken

****WATER:** It takes about 660 gallons of water to produce a pound of chicken, including the skin and bones. Overall, US poultry operations use 96.5 billion gallons of water annually, enough water to meet all the yearly domestic needs of nearly 4.5 million North Americans.

****GRAIN:** It takes roughly six pounds of feed to produce one pound of chicken.

****ENERGY:** It takes the equivalent of about one-fifth a gallon of gasoline to produce a pound of chicken. That's eight times as much fossil fuel as is needed to produce the same amount of protein from tofu.

****TOPSOIL:** For every pound of chicken flesh produced, we lose about five pounds of topsoil in growing the soybeans, corn and other grains used as feed.

Fish

****WILD PLACES LOST:** Highly subsidized factory fishing “strip mines” our oceans. For every pound of shrimp sold, upwards of 20 pounds of other sea creatures are caught.

**** WILD PLACES LOST:** Aquaculture destroys wetlands and mangroves, pollutes with fertilizers and pesticides and creates sickly, abnormal fish that may escape into the wild. Aquaculture still depends on factory fishing to feed the “farmed” fish.

****WILD PLACES LOST:** According to the United Nations Food and Agricultural Organization, approximately 70% of all the fisheries in the world's oceans are now being fished close to, already at or beyond their capacity.