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How I eat and  
look after the world



FUNDACIÓN  
**EROSKI**

contigo



SCHOOL OF  
NUTRITION



In collaboration with WWF

Energy to grow



Tix and Loy do not just watch what they eat and look after their bodies. They also help look after the planet. They know that everything we eat, wear and play with comes from the Earth and its raw materials. That is why they support sustainability.

In this session, we are going to learn how we can help maintain and improve the resources that the Earth gives us by supporting sustainability. And what about you? Do you support sustainability?



## What is sustainability?

Sustainability means balance between the production of the resources that nature provides us with and the speed at which people use or consume them in order to live and go about their business. The way in which we use resources should ensure that they will be available to future generations and protect biodiversity.

If we use more resources than the Earth has time to replace, we are not acting sustainably because there will be fewer and fewer resources as time goes by. And if that goes on for long, the time will come when there will be no resources at all.



Acting sustainably means, for example, using energy efficiently at home. As far as food is concerned, we should avoid waste and eating things that come from a long way away. It is also a good idea to choose seasonal produce grown near our homes that has not been processed very much.

Between us, we can create a more sustainable world by doing little things, like separating the rubbish at home for recycling or using reusable shopping bags.

## Sustainable food production

Food is a basic resource for human life. A lot of producers are committed to the environment and use sustainable production processes so that the Earth's ecosystems are not damaged too much. Let's see 3 examples:

- 1. Sustainable fishing:** A lot of fishermen who fish on our coasts are returning to traditional fishing methods. This means that the fish they catch is good quality fish, the marine ecosystem is not damaged and fish stocks do not disappear.



- 2. Sustainable crops:** Farmers do two things. They try not to abuse the soil's ability to maintain and nourish their crops, because then it could become less fertile. Secondly, they farm the land using methods that respect the environment and avoid emitting greenhouse gases into the atmosphere.



- 3. Sustainable livestock farming:** Farm animals need to be able to move around freely on sufficiently large areas of land and eat natural grass. They should not be shut up in buildings and fed artificial feed.



Did you know... ?



*Humans would need one and a half planets in order to regenerate the resources they currently consume. If we carry on like this, we will need two planets by 2050.*

## A sustainable diet

Do you know that you can help the environment by eating? Well, you can! All you have to do is check four characteristics of the products you consume:

- 1. Their origin:** If the products are from your country or region, then less fuel is needed to transport them to your dining table and less CO<sub>2</sub> is emitted into the atmosphere.
- 2. Production process:** If you eat products made using sustainable methods, you can help responsible companies grow and continue to help the environment.
- 3. Food processing and preservation:** A lot of packed, perishable food products, like meat and fish, go through preservation processes. Fresh, seasonal products do not need to be processed like this.
- 4. Waste:** You have to know what kind of waste a food product creates in order to know if it respects the environment or not. The stone of a fruit is not the same as the packaging on a product.

## What have we learned today?

*We can sum it all up in 6 pieces of advice:*

- 1. Eat food that grows from the Earth. Fresh, seasonal fruit and vegetables are very healthy. If they have got organic certification, all the better.*
- 2. Eat seasonal produce. Each product grows and should be eaten at a specific time of the year.*
- 3. Do not waste food. That does not mean that you should eat less, but you should only buy what you need if you do not want to waste it and throw it away.*
- 4. Eat less meat. Cut down on the amount of meat you eat by eating other things, like vegetables and fish.*
- 5. Sweets and sugar only on special occasions. You do not need sugar in your diet because your organism already gets it from a lot of the food you eat.*
- 6. Buy food with sustainability certification labels, like the MSC label for fish, or marks that tell you that the food you are eating is organic.*



# Activities

I support sustainability

1

Let's all think how we can encourage sustainability at home and at school. What can you as an individual do in order to be more sustainable? What can we all do?

**Now you have to choose one action that you can apply at home or at school and draw a picture to illustrate it on a piece of paper. Think of a slogan too.**

**e.g. "Off to the supermarket with my bag!"**

2

Ask your parents to let you help write the shopping list. Tell them which things are more sustainable.

3

Write a list of all the food products you have at home and put them in order according to their origin and sustainability. Compare that information with the calories they provide... You are in for a surprise.