



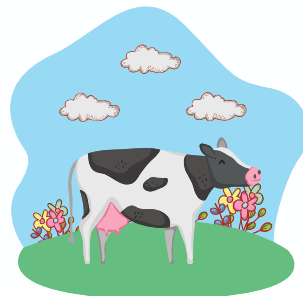
FARM TO TABLE

Livestock production accounts for 18% of global greenhouse gas emissions, (Woods).



It takes 2,400 gallons of water to produce ONE pound of meat, while only 25 gal is needed to grow one pound of wheat, (PETA).

10 billion animals are killed every year in the U.S. for food alone, (New Roots).



Scientific evidence links excessive meat consumption with heart disease, (Johns Hopkins).

More than 66% of all agricultural land is devoted to growing feed for livestock, while only 8% is used to grow food for direct human consumption, (Woods).





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WATER BREAK DOWN

USAGE

Americans use an average of 82 gallons of water a day at home, (U.S. Environmental).

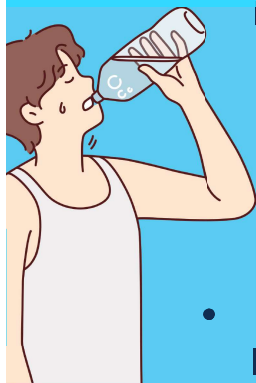


BREAKDOWN



WHAT YOU CAN DO

- Every minute of showering you waste 2.1 gallons of water. Limit your shower to 2-3 minutes, (U.S. Environmental).
- Turning off the tap while brushing your teeth can save 8 gallons of water per day, (U.S. Environmental).
- Switching to cold water for laundry can eliminate over 1,500 pounds of carbon dioxide produced a year, (Baker's)



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THE REALITY OF Palm Oil FOR THE ENVIRONMENT

What is Palm oil?

Edible vegetable oil that comes from the fruit of oil palm trees which are native to Africa, (World Wide).

How it is Harvested

Workers cut ripe fruit bunches from monoculture plantations, then they are processed to extract the oil, (Asian Agri).



Monocropping

Depletes soil nutrients, increases vulnerability to pests, and reduces biodiversity, (World Rainforest).

Deforestation

These plantations are often located in biodiversity hotspots, requiring vast amounts of land. Due to slash-and-burn practices, farmers frequently relocate to new areas, destroying habitats and harming wildlife, (Sustainable).



CO2 Amount

Indonesia is the largest palm oil exporter. A single mill emits 1.5 GIGAGRAMS of carbon dioxide yearly from energy use, fueling climate change.



Avoid Products with Palm Oil



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LEGAL TERMS

EXPLAINED



Sustainable

"Meeting the needs of the present without compromising the ability of future generations to meet their own needs," (World Commission).



Free Range

Animals have access to the outdoors. Legally, the term "access" is not clearly defined, allowing companies to operate with minimal restrictions, (Pasturebird).

Cage Free

Animals are not kept in cages, but they are still confined indoors, packed tightly together, (Certified Humane).



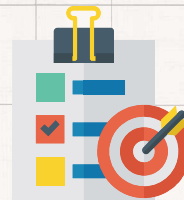
Cruelty Free

The product is not tested on animals, (Colorescience).



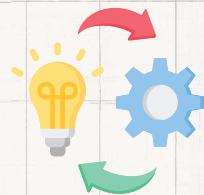
Non GMO

Non Genetically Modified Organism means that the crops were NOT genetically modified, (GMO Answers).



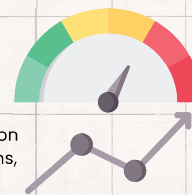
Vegan

The product has no ingredients derived from animals.



Carbon Footprint

The total amount of greenhouse gases (including carbon dioxide and methane) that are generated by our actions, (The Nature Conservancy).



Conclusion

Next time you're at the store, take a moment to check which of these labels your products carry.

CITED

SOURCES



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Renewable Energy

A Bright and Sustainable Future



Burning Fossil Fuels

Fossil fuels are natural resources that are burned. The problem with this is that the burning process releases large amounts of carbon dioxide. The carbon dioxide then gets trapped in the atmosphere which causes the earth to warm significantly, (Fossil Fuels and Climate Change, 2022).

The Earth Warming

The earth warming effects the sea level, participation patterns, droughts, floods, biodiversity, the food we eat, the air we breathe, and the water we drink, (United Nations, 2007).



Wind

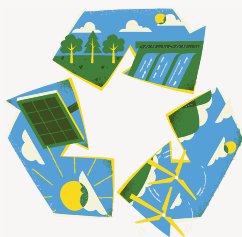
Collected energy via a wind turbine. The giant blades of the wind turbine get turned by wind and generates kinetic energy.

Hydro

Hydroelectric, the most common form of clean energy, is power generated from water. This is done by using dams and diversion structures to use the flow of the river or stream as power.

Solar

This power comes from the sun. This is done by the use of solar panels that take the sunlight UV rays and converts it into thermal energy.



What **YOU** Can Do

- **YOU** can add solar panels to your house.
- **YOU** can use your car less and walk/bike/carpool more.
- **YOU** can vote to increase the use of renewable energy sources.
- **YOU** can invest in energy products that get their energy from clean sources.

What **WE** Can Do

- **WE** can start using renewable energy sources.
- **WE** can start learning about the effect **WE** are making to the environment.
- **WE** can demand the use of clean energy.



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PLASTIC

HOW PLASTIC IS MADE

- Made from oil and gas through chemical reactions that form long, strong chains, (Plastics Europe).
- Hard to break down and can last for hundreds of years, turning into tiny microplastics.



DAMAGING THE OCEAN

- Over 300,000 ocean animals die each year due to eating or getting entangled in plastic, (The Ocean Cleanup).
- A patch of garbage that is located in North Pacific Ocean holds 1.8 trillion pieces of plastic, (WWF-Australia).

GREEN HOUSE GASSES

- Plastic is made from fossil fuels, so it emits carbon at every stage of production, worsening climate change, (ClientEarth).



AFFECTING THE BODY

- Microplastics have been found in 80% of healthy people, (Sullivan, K).




THERE IS HOPE

The waxworm can eat through plastic, their gut microbiota appears to be the key (Sullivan, K).

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CLIMATE CHANGE EFFECTS THE OCEAN




Ocean Warming

“90% of the excess heat from global warming is being absorbed by the ocean,” (NASA Science).

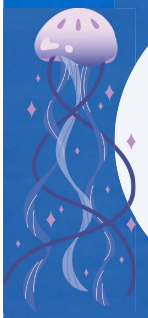
Ice Caps Melting (Glick)

- Rising temperatures are accelerating and causing glaciers to melt at an alarming rate.
- Coastal erosion, saltwater intrusion into freshwater sources, and disruption of ecosystems are occurring.

Sea Levels Rising

- Has risen 4 inches since 1992 due to ice caps melting, (NASA Science).
 - This increases the severity and number of storms, (Natural Resources).
 - Coastal erosion is responsible for over \$500 million in damages in the U.S., (Natural Resources).
- 

Coral Bleaching (World Wildlife)

- They support most marine life by providing shelter, spawning grounds, and protection.
 - Coral are highly sensitive to even slight temperature changes, causing them to bleach and become fragile.
 - They impact humans being barriers to waves and storms.
- 



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Sustainability at Harvest Table

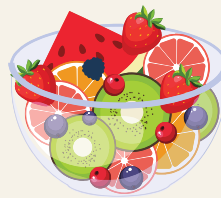


What is Harvest Table?

The dining service on campus!

Locally Grown

The majority of products are from local places within 150 miles.



Composting

- Composts pre and post-consumer food waste.
- Helps decrease landfill footprint and contribute to nutrient rich soil.

Green Box

A reusable container that students can use to take food to-go which also gets returned, wash, and used again.



Ethical Livestock

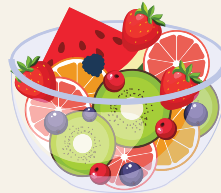
- All products come from places that use regenerative agriculture principles and certified animal welfare practices.
- Red Bird Chicken: humanely raised and cage free chickens. They never use antibiotics, hormones, or additives.

Fair Trade

Snack on almonds, walnuts, or chia seeds for healthy fats and antioxidants.



Cited Sources & Ways To Be Involved



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on campus](#)



Look on Instagram
@ranger_dinning



- Student Board Meetings
- Harvest Table Dinners monthly
- Teaching Kitchens
- Give Feedback via Napkin Wall

