

FOOD, FARMING, HUNGER

FACTS TO MOTIVATE ACTION

THE CHALLENGES

Hunger: We produce 2,960 calories a day, yet 800 million+ people go hungry.¹ Food insecurity has more than doubled since 2020 and one in five children is stunted by malnutrition.^{2 3}

Meat Hazard: In 2015, the World Health Organization declared processed meat a carcinogen. Bacon, cold cuts, and hot dogs make up a fifth of the meat Americans eat.⁴

Ultra-Processed Food Hazard: Almost 60 percent of calories Americans eat come from ultra-processed food with little nutrition, exposing us to “up to 5,000 food additives.”⁵

Diabetes: Diabetes is predicted to afflict one in three Americans by 2050.⁶ Among youth, the U.S. has the world’s highest diabetes rate, a major risk factor being processed food.^{7 8}

Climate Crisis & Food: Our food systems globally generate 37% of GHG emissions.⁹

Farming & Water Pollution: Nitrogen runoff seeps into streams, rivers, and larger bodies of water, creating a “dead zone” the size of Massachusetts, killing marine life.”¹¹ Cattle ranching causes 80% of deforestation in virtually every Amazon country.¹⁵

Water Cost of Meat: Producing one pound of beef uses 1,800 gallons of water—nearly 50 times more than for a pound of vegetables and roughly 9 times more than grain.¹²

Pesticide Exposure: Globally, “44% of farmers experience at least one incident of acute pesticide poisoning on the job.” Yearly, 11,000 die from “accidental pesticide poisoning.”¹³



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SOLUTIONS ARISING

Plant-Centered Diets: Plant-centered diets are predicted to “reduce greenhouse gas emissions 70% in 2050.”¹⁷

Health: “Centering our eating in the plant world could cut the incidence of type 2 diabetes by up to 41 percent.”¹⁶

Organic Food Sales Are Up: “Rising at more than twice the rate of food sales in general, organic-food sales hit \$50 billion in 2019” in the US.¹⁹

Organic Acres Are Growing: From 2005–2015 in the U.S., organically farmed acres almost doubled.”¹⁸

Agroforestry Is Spreading: Mixing trees and crops—restoring the soil while absorbing carbon—is spreading. In western Africa, an area the size of Texas has converted to agroforestry.²¹

More Americans Are Composting Food Waste. Community composting has more than doubled since 2016.²⁶

Gardening: More than 29,000 community gardens enrich lives across the country. Garden plots in city parks have increased by almost half since 2012, and the 100 largest U.S. cities have more than 29,000 plots in city parks.²² More than half of Americans garden, and the COVID-19 pandemic created 18.3 million new gardeners, largely millennials.²³

Non-Dairy Alternatives: Oat and soy milk are gaining market share over dairy.²⁴

*for sources please see <https://bit.ly/45ZJwOV>

