

4:42:48 From Claude Buettner, MN to Everyone:

Here's a search on our YouTube channel for the key word "food":
<https://www.youtube.com/@canadianassociationforthec7885/search?query=food>

13:17:10 From Nicola Philpott to Everyone:

Some questions to ponder...

1. If you weighed all the mammals on the planet, what percent of their weight would be wild mammals?

2. If you compare the amount of CO₂ released for each pound used, how many times more carbon intensive is a pound of beef compared to a pound of coal?

3. What percentage of the grain grown in the US is used for human consumption?

4. Beef uses a lot of water. How many daily showers equal the water used in one ¼ pound hamburger?

5. We are emptying the oceans. What portion of large ocean fish that we had 100 years ago do we have today?

Answers will be given throughout the presentation!

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13:38:11 From Claude Buettner, MN to Everyone:

"Reducitarian" I love this! A new meme.

13:57:45 From Nicola Philpott to Everyone:

Email Anna: anna.larsson.us@gmail.com

Email Nicola: njphilpott@hotmail.com

13:58:21 From Nicola Philpott to Everyone:

Recent article featuring Nicola & Anna:

West suburban vegans stir climate change pot - Eden Prairie Local News

14:02:18 From Art Hunter to Everyone:

(Q) have you done any review of the clash between land based solar farms, wind farms and agriculture (crops and animals)?

14:03:58 From Nicola Philpott to Everyone:

Family favorite recipes to try:

Vegan Sloppy Joes (That Everyone Loves!) – A Couple Cooks

Veggie Noodle Casserole From Vegan Cookbook for Teens

Vegan Shepherd's Pie | Minimalist Baker Recipes

Vegan Taco Pasta - This Savory Vegan

Vegan Quinoa Corn Edamame Salad (Gluten-free) | 86 Lemons

The Best Texas Caviar (Cowboy Caviar) - The Simple Veganista

14:04:26 From Jean Dougherty to Everyone:

Much of big agriculture and food processing industries have huge political influence and ability to affect government policies. Have you or any of the groups to which you belong tried to influence the political sphere? How successful have you been?

14:05:30 From Nicola Philpott to Everyone:

Some references:

How much protein do you need every day? - Harvard Health

Most Americans are not getting enough fiber in our diets - American Society for Nutrition

Table of Solutions | Project Drawdown

14:05:41 From John Kirkwood to Everyone:

You're reminding me of everything I learnt watching 'Cowspiracy'. Includes terrifying video of calves being stolen from their mothers to make veal and milk - I'll never forget it!
Thanks Anna.

14:06:12 From Nicole Hutchuk to Everyone:

Thank you for this excellent presentation. I'm very supportive of this viewpoint and see so much value in this as a climate change specialist myself. I have a number of questions, and for some reference, I'm coming at this from a public health perspective as that's my area of interest and expertise.

What are your suggestions for public health on how to integrate this into our work as we are bound by the Ontario Public Health Standards and things like the Canada Food Guide (In Ontario) which are not in line with this type of eating and food systems to this degree, regardless of their environmental impact and the knowledge around climate change?

How do you suggest we manage the discrepancy between a plant based diet but also meeting the needs of or being sensitive to traditional cultural practices?

What are your suggestions on how to have these discussions with partners in the community such as local farmers who do farm agriculture and this would be a threat to their livelihood?

One more question: You have made comments on deforestation and the release of CO2 into the atmosphere but also have mentioned the use of electric vehicles. I'm wondering if you have explored the ecosystem loss and degradation that goes into the creation and life cycle of EVs? Although eating a PBD helps to significantly decrease GHGs, the promotion of EVs also has significant ecosystem and land degradation impacts also with the opening of carbon sinks and I'm wondering if this is something that has been flagged in your climate activism as it takes a concerted effort in all areas to stop the increase of negative impacts on our climate.

14:11:57 From Art Hunter to Everyone:

Other electrify everything carbon footprint reductions Saving Money on Electrical Energy

14:12:58 From Ted Manning to Everyone:

www.insidermonkey.com › [blog](#) › [25 countries that eat the most meat per capita heading into 2024](#) Most meat consumed per capita by country

14:15:14 From Nicole Hutchuk to Everyone:

Folks on this call may be interested in this site: [The Plant Based Treaty | Eat Plants, Plant Trees](#)

14:15:27 From Claude Buettner, MN to Everyone:

"Plant Rich Eating" Another great meme and marketing term to embrace.

14:20:38 From Art Hunter to Everyone:

(q) Many people have dogs and cats as pets. Are there plant based diets for our pets?

14:21:36 From Anitra Thorhaug to Everyone:

Replying to ""Plant Rich Eating" Another great meme and marketi...":

The question of eating more from the sea includes plants from the sea. My question revolves around the movement that has occurred in East and southeast Asia on eating and growing large amounts of Algae per person, which is about 250 pounds per person per year.

14:27:08 From Charles Hall to Everyone:

Better a dog than another child (in terms of impact on planet). I am not so sure about cats.

14:32:39 From Charles Hall to Everyone:

to Jean etc: Eva Alfreddson, a Swedish environmentalist, studies 1000 Swedes who followed a CO2 lowering diet and 1000 cross matched Swedes who ate the standard diet. After one year the First group indeed released ~ 17% less CO2 from their food and also saved about the same on their groceries. But when she analyzed their total expenditures they found that the first group (because they had more money) tended to e.g. take winter vacations in Greece, vs Sweden, so at the end of the year they released (I think) a little more CO2. A different Jevon's response

14:35:34 From Lalith Gunaratne to Everyone:

Thank you for the excellent presentation... Our family is more or less vegetarian... our youngest son 25 just went vegan inspired by a documentary "What the Health" but that was too much of drastic switch so he is switching back to be a vegetarian at home..... and says he will only eat meats if served outside... so the middle path... for all of us.. I have to jump off... Cheering you on...

14:39:54 From Jean Dougherty to Everyone:

Canada has stricter policies of using antibiotics (and hormone treatments) in animal husbandry than does the US. That is one reason why the Canadian government is trying to protect our own industry and prevent flooding our market with other agricultural products that are grown under less stringent policies.

14:49:42 From Nicole Hutchuk to Everyone:

The Best Diet for Preventing and Managing Diabetes - Dr. Michael Greger as mentioned by Anna earlier. Really informative physician who debunks myths of non-plant based diets and connected health challenges. In case anyone is interested

14:50:44 From Jim Dyer to Everyone:

Comment: Research that I have done with Ray Desjardins shows two things about livestock based foods. 1- beef is a very inefficient protein producer (aside from the methane) its growth and reproductive rates are very slow compared to non-ruminants. 2- Along with reducing meat, switching meat type, specifically to pork as the other common

red meat, reduces the carbon footprint quite extensively, even allowing for the carbon sequestered under hay fields. So just being mindful of the kind of meat ones eats makes a significant impact on GHG emissions. Off course going vegan is still needed, and something I strongly support.

14:52:28 From Claude Buettner, MN to Everyone:

Replying to "You're reminding me of everything I learnt watching...":

It's available on YouTube and not that graphic per Anna:
https://www.youtube.com/watch?v=CkQTDLG0_dA

14:59:11 From Charles Hall to Everyone:

Raymond Good point! Please send me your paper chall@esf.edu

15:11:28 From Nicole Hutchuk to Everyone:

Thank you so much for this presentation, I do have to go, take care everyone

15:25:28 From Claude Buettner, MN to Everyone:

"Armed Liberal" is a new meme that Charlie Hall mentioned. Yes, I supposed that's a thing.