GTL Project

GreenTecLab

Climate-Friendly Food

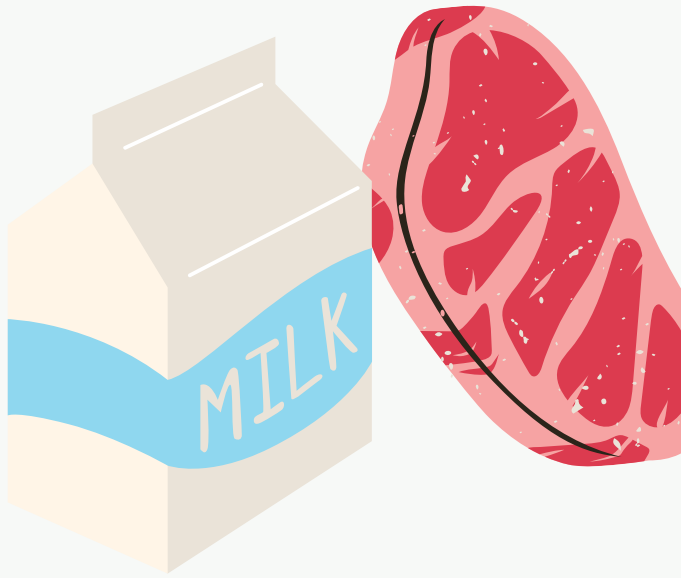
"Farm-to-Fork" (F2F) Strategy

In 2020, with the F2F Strategy,
the European Union formulated the goal of making European agriculture and fisheries more sustainable, fair, environmentally and climate friendly by 2030.

Consumers are also called upon to do their part, because what we eat has an impact on our climate and on our environment.

The following five are starting points for more climate-friendly food.

1 meat, milk and dairy products



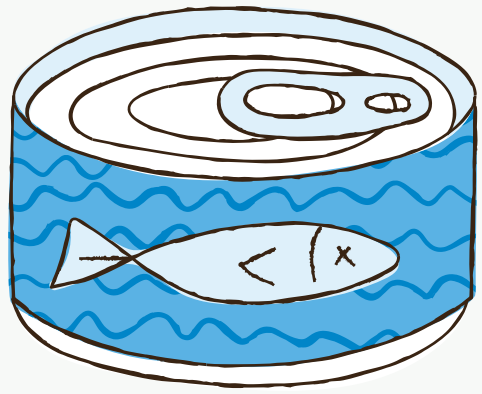
"To reach climate goals, we need to reduce the consumption of animal products by 70 to 80 percent"
(Prof. Dr. Lotze-Campen, Potsdam Institute for Climate Research)

{less}

Industrial livestock farming is responsible for 15% of man-made greenhouse gas emissions.
Consuming less meat reduces the amount of space needed for agriculture and protects the climate.

Meat from regional organic pasture-raised livestock is also a step towards eating in a more climate-friendly way.

2 Fish

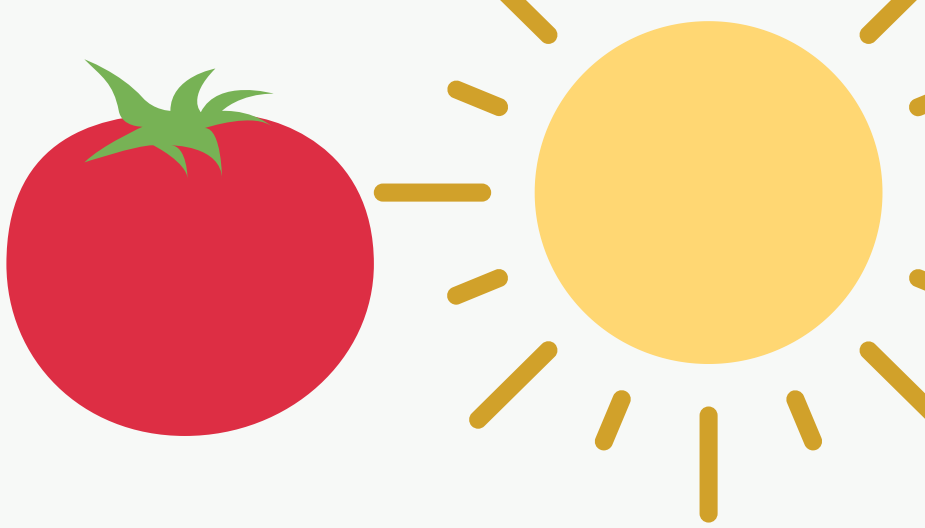


Compared with meat, fish has a better climate footprint. However, fish consumption is problematic due to the overfished oceans and the often destructive fishing methods with high bycatch (30 million tons annually worldwide).

The crucial factors for fish consumption are population, region and fishing method. Fish from European breeding, e.g. carp and trout, are considered less problematic.

The online fish guides of the WWF or Greenpeace offer guidance for a more climate-friendly fish consumption.

3 Seasonal



One kilo of regional tomatoes grown outdoors causes 0.2 kilograms of CO_2 in summer, greenhouse tomatoes 5 kilograms in winter.

Seasonal calendars show which fruits and vegetables are freshly available. Such calendars exist in the EU for all regions and countries. Buying seasonal products helps farmers transform agriculture in line with the F2F Strategy.

4 Regional

Regional food saves transport distances & greenhouse gases. Products that are transported by airplane perform particularly poorly.

	1 kg asparagus out of season	1 kg asparagus in season
Transport	Airplane	Truck
CO_2 Emission	17,0 kg	0,06 kg

Umweltberatung Österreich: https://www.umweltberatung.at/klimasuender-flugware

But beware: Apples from regional harvests that are stored in cold storage during summer may even perform worse than apples that arrive by plane from New Zealand.

By buying regional and seasonal goods, you support regional agriculture in transforming farms according to the F2F Strategy.

5 Organic Products

In terms of greenhouse gas emissions, organic farming makes little difference. On the other hand, other emissions (fertilizers, pesticides) to air, soil and water are lower than in conventional agriculture.

Even if one hears about irregularities on organic farms: What is noticeable as a problem on individual organic farms is often permitted on conventional farms.

Reduced use of fertilizers & pesticides one of the main goals of the F2F Strategy.

Climate Friendly Food Decisions

Currently, informed & climate-friendly food purchasing decisions are limited.
Labels (e.g. regionality) are not protected, organic farming is regulated differently in EU countries, and food traceability is not mandatory.

Education of the population is imperative, because only those who are informed will understand the goals of the F2F strategy and (possibly) change their behavior.

Such an information policy for consumers is in line with the EU's F2F strategy.

Business Opportunities

- Educate consumers about the consequences of current food production and fairtrade, animal welfare, climate and organic labels

- Demonstrating alternatives in nutrition

- Strengthening local organic agriculture and the local market through conscious consumer behavior

Workshops, including cooking classes, for different target groups (adults, students, families, restaurant and canteen operators) can be a way to increase fair, environmentally and climate conscious food consumption.

Any more questions?
Visit the website and become a future leader of the transition

GreenTecLab

- https://ec.europa.eu/food/horizontal-topics/farm-fork-strategy_de
- https://www.energie-klimaschutz.de/fleischkonsum-katastrophale-auswirkungen-klima/
- https://www.greenpeace.org/global/
- https://www.greenpeace.de/biodiversitaet/meere/fischerei