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The return to a more basic and traditional approach to foodways and the three pillars of sustainability

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Return to a More Basic and Traditional Approach to Foodways

TOMMY BENEDETTI

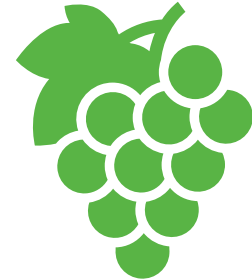
Background/Problem



The health of the planet and its inhabitants is declining



Current food practices are not sustainable (industrialized food system)



Return to more traditional, localized food practices can help to benefit these issues and to promote all 3 pillars of sustainability

Industrialized Food System & Environmental Health



Ease of current foodways leads to little-to no thought of how food is acquired, cultivated or reaches store shelves



Pesticides, fertilizers, agrochemicals, and factory farming are detrimental to environmental and human health



Industrial food system is responsible for the clearing of 70% of the worlds grasslands, 50% of savannas, 20% of tropical forests as well as 30% of greenhouse gasses, and 70% of annual water usage (Foley, 2011)

Local, Culture, and Sustainability

- Placing emphasis on locally cultivated and obtained foods has a multitude of benefits for all three pillars of sustainability
- Socially
- Economically
- Environmentally
- Remembering cultural origins of food can improve these issues in an abundance of ways





Human Health

Today, the obesity rate in America is a shocking 33.9 percent – almost twice that of the French. And Italians, who also celebrate a love of cuisine, boast an obesity rate as low as 9.8 percent (Tarr, 2016).

Studies have shown that people who take the time to sit down and slowly enjoy a meal have more nutritious diets rich in fruits and vegetables (Tarr, 2016).

Growing evidence has illustrated that the presence of community supported agriculture or community gardens has a positive correlation with both physiological and mental well-being (Gregis et. al, 2021).



Local Economies and Connectivity

Locally sourced food leads to more revenue, job opportunities, food security and community prosperity

A healthy, biodiverse landscape will not only benefit the ecosystem, but will also benefit the health of those living in it (Cote, 2016)

Conclusion

- To protect the biodiversity of the landscape, economies of local communities, and health of human beings, it is vital for local policy makers and the earth's inhabitants to grasp the importance of food's geographical and cultural origins as well as the potential benefits of more traditional, localized food practices.



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