



FOOD & ENVIRONMENT

Ideas for your Workcamp!

The food choices you make influence your camp's eco footprint quite a lot. There are a variety of things you can change and do in terms of food.

1. **Reduce the consumption of meat.**

However, experience shows that switching to a more or less plant based diet is quite difficult in a lot of camps. The volunteers come from different backgrounds where meat is an essential part of the diet and you might be faced with a lack of understanding to reduce meat consumption in your camp. Eating meat everyday may not be possible due to camp budget

2. **Buy mainly local or regional foods and if possible organic. Choose fair-trade exotic products.**

Find out if there is a farmers market or if you can buy directly from some producers nearby. In shops choose products from your country and keep in mind if the vegetables or fruits you buy are in season.

3. **Do not waste food.**

That means controlling the amounts and not cooking too much. If you do have leftovers, try to reuse them for the next meal or if it's just a little bit, you can keep them in case someone gets really hungry ☺ Also you can explore how to use what is mostly considered waste from the beginning – for example, you can make pesto from carrot leaves, chips from potato skin or broth from any vegetable scraps!

To help you get started we have prepared a few ideas as to how to present the topic. Last but not least, we have listed a few recipes that will make your camp meals a delight and help you cut on the budget as well as the eco footprint:

1. Have a **Candle Light Night** - „candles instead of electricity“

2. Prepare a special **Vegan Dinner** - look for cook books at your local library (or the internet?). You can use this event to introduce the Sustainability Campaign!

3. Drink **Tap water**

In Europe, the standards of water quality and safety are high. Instead of buying bottled water, we can refill a reusable water bottle at the tap as many times as we want. Tap water costs a fraction of the price of bottled water and reduces our ecological footprint.

4. „What have you got in **your region**?!“ Are there any eco farms, gardeners, waste separation sites, biogas plants that you can visit or where you can buy your food? Make a trip and choose the food for the next meal.

If you need an idea where you could find Eco-farms in your area, try checking the WWFOOF website: <http://www.woofinternational.org/> There you will get an idea where you could buy locally produced and organic food. If you google „organic farming“ for your country or region you will also find places and market to go to.

5. Eating **seasonal products** avoids the exploitation of farming soil and environmental pollution through transportation. At the same time it rises the quality and joy of nutrition.



Here is a list of summer fruits and vegetables, usable in most of Europe (verify the seasonal products before going in a new country particularly when there is a specific climate).

<p>June <u>Fruits:</u> Apricot, blackberry, currant, cherry, strawberry, raspberry, melon, plum <u>Vegetables:</u> Aubergine, beet, carrot, celery, cauliflower, cucumber, fennel, green bean, leaf beet, leaf salad, leek, onion, round-seeded, pea, paprika, potatoe, radish, salad, spinach, tomato, zucchini</p>	<p>July <u>Fruits:</u> Apple, apricot, blackberry, blueberry, cherry, currant, fig, melon, nectarine, peach, pear, plum, raspberry, redcurrant, strawberry, watermelon <u>Vegetables:</u> Artichoke, asparagus, aubergine, beet, broccoli, carrot, celery, cauliflower, corn, cucumber, fennel, green bean, leaf beet, leek, leaf salad, onion, round-seeded pea, potato, radish, salad, spinach, tomato, zucchini</p>
<p>August <u>Fruits:</u> Apple, apricot, blackberry, blueberry, cherry, currant, fig, gooseberry, melon, mirabelle, nectarine, peach, pear, plum, prune rasperry, strawberry <u>Vegetables:</u> Artichoke, aubergine, beet, broccoli, carrot, cauliflower, celery, corn, cucumber, fennel, green bean, leaf beet, leaf salad, leek, onion, paprika, potato, pumpkin, radish, spinach, salad, tomato, zucchini</p>	<p>September <u>Fruits:</u> Fig, Raspberry, Melon, Mirabelle, Blueberry, Peach, Pear, Apple, Plum, grapes <u>Vegetables:</u> Artichoke, aubergine, beet, broccoli, brussels sprouts, cabbage, carrot, celery, cauliflower, corn, cucumber, endive, fennel, green bean, leaf beet, leaf salad, leek, onion, paprika, potato, pumpkin, radish, salad, spinach, tomato, zucchini</p>

6. How about a **Movie night** (Filmtipps: More than Honey, Home (<http://www.youtube.com/watch?v=jqxENMKaeCU&feature=share>), Bananas*!, We feed the World, Sushi – The global catch, China Blue, There once was an island: te henua e hnoho, The Zero Waste Home (Youtube), The Story of Stuff)

Some websites to look at for inspiration:

- ✓ <http://green.tv/>
- ✓ <http://www.howtoboilafrog.com/>
- ✓ <http://lifeonterra.com/>
- ✓ http://www.filmsforaction.org/watch_sustainability_videos/
- ✓ <http://altering-perspectives.com/2013/11/119-documentaries-expand-consciousness.html#>

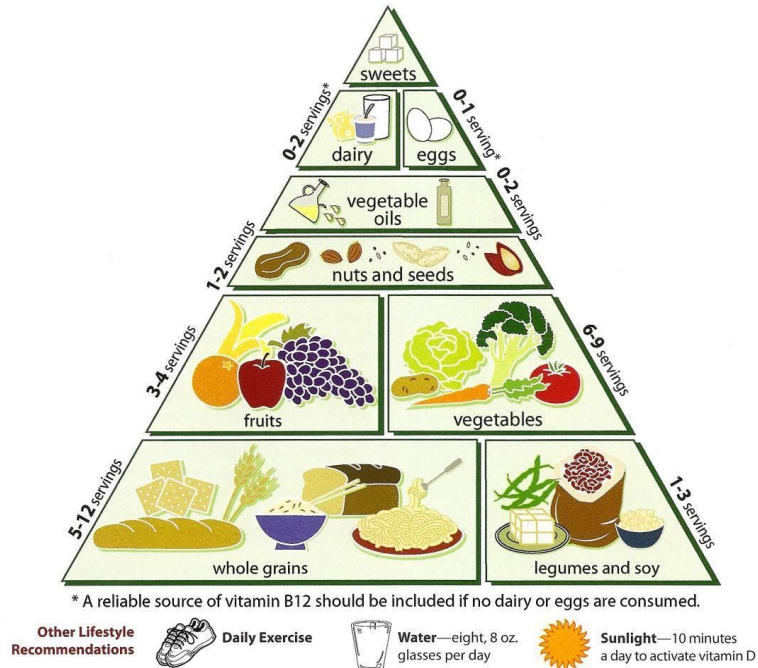
7. Some **facts and figures** that are helpful to know:

The Green house effect of different ways of eating (by producing the food) per capita and year in kg CO2:

Vegan: eco 33kg/conventional 74kg	Vegetarian: eco 235kg/ conventional 289kg	Meat: eco 521kg/conventional 566kg
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Producing one kilogram of pork is using about five times as much energy as producing one kilogram of conventionally grown wheat. To produce 1kg of beef you need 16kg of grains and more than 15.000l of water. Industrialized use of animal stock is responsible for 8 % of the global water usage, especially for feed. Half of the global grain and 80% of the global soy harvest are being used to feed livestock. Only 3% of the global soy production is used for the vegan or vegetarian diet (adding important protein to the diet).

<http://www.provegan.info/eng/vegan/introduction/>



8. What to bring

To make your (vegetarian or vegan) cooking a guaranteed success we have a few suggestions as to what to bring:

- ✓ Hand held blender (especially for vegan spread important), grater for raw veggies (grated carrots or fresh are great with lettuce! Add a few sunflower seeds, oil and vinegar and some herbs!)
- ✓ Spices! (e.g. pepper, cayenne, curry, turmeric, garam marsala, cumin, nutmeg, etc.)
- ✓ A few dried herbes - from your garden maybe? (e.g. rosmarj, oregano, basil)
- ✓ Soy protein products for vegan tomato sauce, Chilli sin Carne, Lasagne (also possible without meat substitute or you could use legumes to add protein)
- ✓ Soy sauce: good to marinate and roast tofu