

News & Comments

Why it is Important to Bring Back Local Food?

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For the past 15 years, Alisa Smith and J.B MacKinnon have been arguing about the benefits of eating local food since publishing "Plenty", more accurately called "The 100 Mile Diet-A Year of Local Eating" in Canada. What is the significance of "food miles"? Approximately one-fifth of global food-system emissions are attributed to global "food miles", according to a new study.

Food miles refer to the distance traveled by food between the time it is grown and the time it reaches the consumer, a concept that dates back to the 1990s. A food's carbon footprint is used to quantify its environmental impact.

Various factors contribute to the global food transport system's carbon footprint, according to a study published in Nature Food. As well as transporting fertilizer, machinery, and animal feed, the authors evaluate emissions from the entire food supply chain.

According to their estimate, in a single year, global food miles emitted 3 bn tons of carbon dioxide equivalent - 3.5-7.5 times more than previous estimates. The study notes that the affluent world is the main cause of food-mile emissions. According to the report, despite representing only about 12.5% of the world's population, high-income nations account for 52% of international food miles and 46% of greenhouse gas emissions.

Additionally, the authors examine the pros and cons of buying local food - a popular way to reduce food emissions. Ending all international food transport would reduce food-miles emissions by just 9%, demonstrating that other diet choices will have a far greater impact on reducing climate impact.

According to the lead author of the study, eating locally does reduce emissions. However, seasonal produce should also be consumed, and meat consumption should be decreased to limit dietary emissions.

KEYWORDS

Environmental impact, Sustainability, food, food transport system, carbon footprint, global food miles, food miles, greenhouse gas emissions, dietary emissions, 100 Mile Diet, local food

