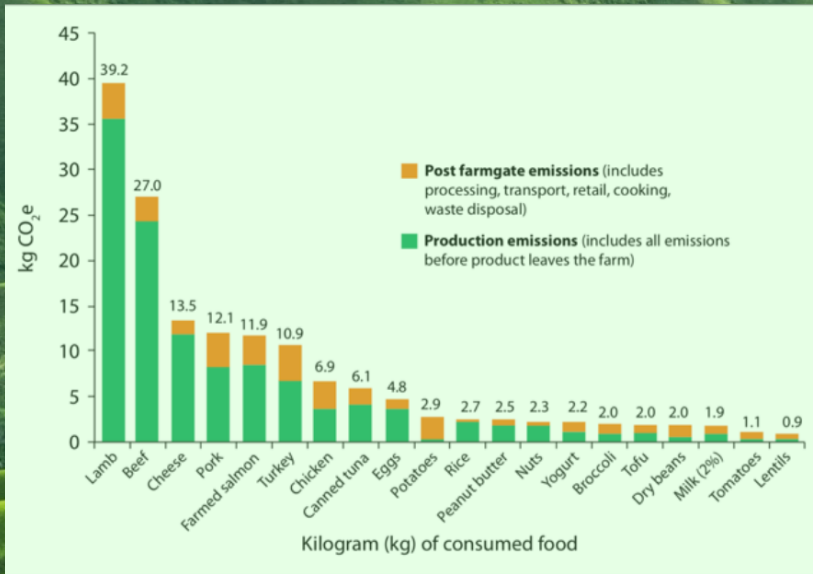


# PROCESSED FOODS ARE SUSTAINABLE!

You just need to know where to look!

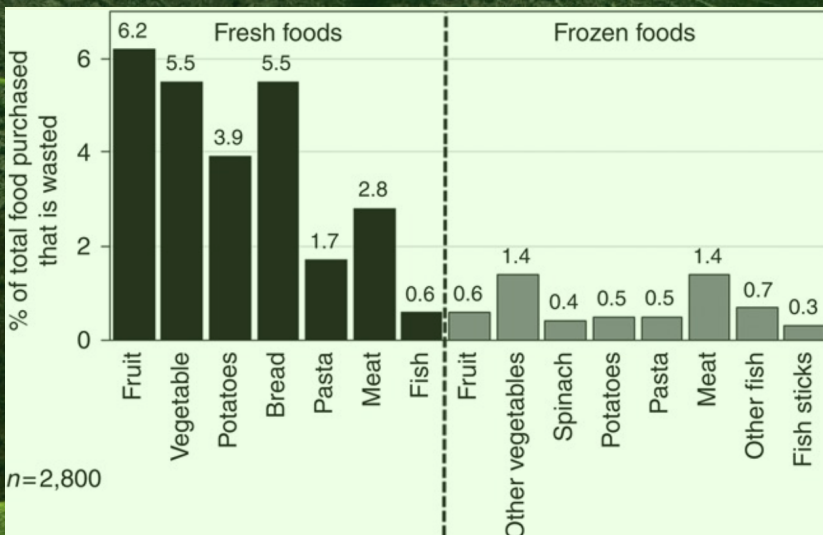
## Processed foods can be good for you...

such as foods that are prepared at their peak season to lock in nutritional value such as frozen or canned, vegetables, and protein



The effects of food waste on greenhouse gasses increases with the release of CO<sub>2</sub> through decomposition,, which leads to increased temperature, and wildfires which leads to a decrease in biodiversity for animals who can't adapt to changing conditions.

Many people say that processed foods have a high rate of greenhouse gas emission but most of it is caused by the processing of red meat, therefore,eliminating it from our diet would decrease emissions.<sup>1</sup>



Since food preservation is done at the peak season, energy is the highest at this time, therefore minimally processed plant based foods will provide the same energy as fresh foods, leading to lower waste and a longer shelf life .

This graph shows that fresh foods (unprocessed) have a higher waste production than frozen foods<sup>2</sup>

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## References:

- 1: Baranski M, Babbie K, Pirog R. 2012. Local Food Systems and Greenhouse Gases [Internet]. A Consumer's Guide; [cited 2018 Nov 1]. Available from [http://www.canr.msu.edu/uploads/resources/pdfs/local\\_food\\_systems\\_and\\_greenhouse\\_gases\\_\(e3178\).pdf](http://www.canr.msu.edu/uploads/resources/pdfs/local_food_systems_and_greenhouse_gases_(e3178).pdf)
- 2: Martindale W, Schiebel W. 2017. The impact of food preservation on food waste. PMC. 119(12): 2510-2518.