

Food and Climate Change without the hot air

Change your diet: the easiest way to help save the planet

By S L Bridle

Keynote

Food is responsible for 25% of our carbon emissions. From breakfast to lunch, snacks to supper, Professor Bridle outlines the climate impact of the food we eat.

Description

A quarter of the greenhouse-gas emissions that cause climate change come from food. In *Food and Climate Change without the hot air*, Sarah Bridle details the carbon footprint of the food we eat, from breakfast to lunch, from snacks to supper. She breaks down the environmental impact of each food, so we can see where the emissions are highest and where we can make sustainable food choices.

With this knowledge, we can make changes to our diet – e.g. eating more locally grown produce and introducing meat free days. This will reduce the greenhouse gas emissions so damaging to our planet and probably be healthier for us, too.

Food and Climate Change without the hot air considers:

- How to reduce the greenhouse gas emissions that come from food – currently 25%.
- What effect the food we eat has on the environment of our planet.
- How climate change will affect the food we will eat in the future.
- How consumers can play their part in reducing food-based carbon emissions.

Bridle looks at popular breakfast, lunch, snack and dinner options, such as tea and coffee, eggs, cheese and chicken sandwiches, salad, pizza, baked potatoes, chocolate, nuts, soft drinks, alcoholic beverages, steak and fries, fish suppers, Spaghetti Bolognese and more.

She calculates the greenhouse gas emissions of those meals, breaking down the different ingredients and cooking methods, which makes it easy to compare different options within the same meal. This takes into account all the gases that contribute to global warming: carbon dioxide, methane and nitrous oxide (gCO₂e). Bridle also dives into the important topic of food waste and gives valuable tips to avoid leftovers.

Inspired by the author's former mentor David MacKay (*Sustainable Energy without the hot air*), *Food and Climate Change* is a rigorously researched discussion of how food and climate change are intimately connected. In this ground-breaking and accessible work, Prof Sarah Bridle focuses on the facts so that they speak for themselves. The book is highly illustrated in full color throughout, making it an attractive read, as well as an inspiring one.

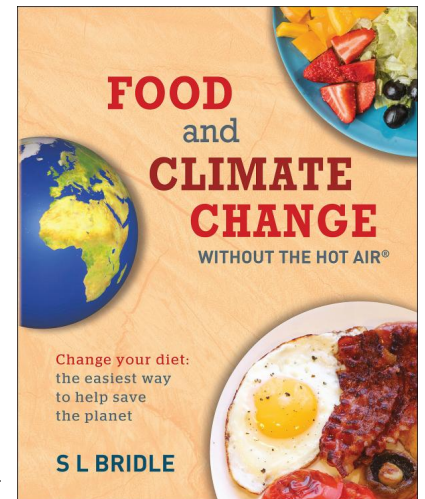
It shows how anyone can reduce the climate impact of their food. It also suggests how the food system must change, with:

- Incentives for farmers to switch to more efficient, climate-friendly technologies.
- Food labeling to show a product's 'food miles' and how it has been produced.
- Research into non-traditional production methods.
- How to waste less food and use all the water, energy and nutrients used in its production more wisely and sustainably.

Audience

Anyone who eats; food producers; scientists; food activists; teachers; parents; politicians. Similar titles are: • We are the Weather, Foer • This Changes Everything, Klein • How Bad Are Bananas, Berners-Lee • Waste, Stuart

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The Author

Sarah Bridle is a professor at Manchester University and food activist. She became committed to a change in food policy because of her children and her concern for their future. She divides her research time between food-related climate change and astrophysics.

Review Quotes

Like the other HOT AIR authors, Bridle's clear, nonthreatening, technical language, brilliant data visualizations, and example grounded in our daily experience make this a powerful read.

Cory Doctorow - <https://pluralistic.net/2021/01/06/methane-diet/>

What was once a mystery has now been made crystal clear: the decisions about how we produce and consume food are some of the most impactful humanity can make to solve the climate emergency. This book opens the mind to the realities of the embodied emissions in everything we eat - and waste - from farm to fork to landfill. An essential source for anyone working to save the planet.

Chad Frischmann, Co-author of 'Drawdown: The most comprehensive plan ever proposed to reverse global warming'

No kitchen should be without this engaging, carefully researched and practical guide to the carbon in our food.

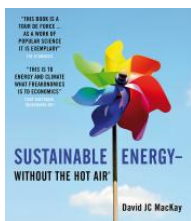
Prof Mike Berners-Lee, Author of 'How Bad are Bananas' and 'There is no planet B'

Did you know a latte is ten times worse for the climate than a cup of black coffee? Or that each calorie of beef requires 20 calories of feed? 'Food and Climate Change Without the Hot Air' provides a levelheaded, clear, and detailed picture of food emissions - a basic literacy we should all have in a time of accelerating climate consequence.

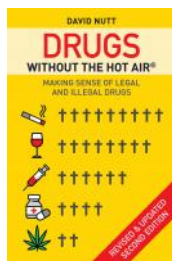
Peter Kalmus, NASA climate scientist and author of 'Being the Change: Live Well and Spark a Climate Revolution'

This fascinating and important book deserves world-wide success. Sarah Bridle presents, engagingly and clearly, a vast amount of information that's important not just for policymakers but for all of us who want to make a difference in our everyday lives.

Prof Martin Rees, Baron Rees of Ludlow, former Astronomer Royal, Master of Trinity College, University of Cambridge and President of the Royal Society



Sustainable Energy - without the hot air



Drugs without the hot air