A Sustainable Future: Health and Sustainability in Food

The purpose of my EcoliteracySCHOOL project is to familiarize students with healthy sustainable food systems by creating a tutorial that helps them make their own healthy sustainable lunch and by facilitating discussion regarding the observation of their lunches.

Project Plans
1. I gathered information regarding sustainable and healthy foods and created a lunch preparing tutorial.
2. I shared my video with students prior to Field Experience Two.
3. I created a list of questions and gathered feedback from my peers and students regarding healthy and sustainable food systems.

Public Health Background
- 820 million people having insufficient food and low quality diets (6)
- Healthy sustainable food systems are defined as food systems that produce organic and natural products through sustainable methods (1)
- People will be able to implement changes in their own lifestyles by learning more about sustainability (4)
- Sustainability and health will be life changing.

Discussion
Key takeaways:
1. Think sustainably when buying/packing food.
2. Eat healthy whenever you can!
3. Purchase products that have low contributions to the emissions in our air.

What I learned:
1. Everyone is capable of implementing small changes into their daily lives that will lead to large impacts.
2. In order to have a viable tomorrow, we must make a change today.

References