

## Unit 2 Global views

### Video script

When we think about global warming, we think about transportation, we think about how we heat our houses. But in fact, how we eat has just as big an impact on climate change.

The average item of food in America has travelled 1500 miles from the farm to your plate. It's burned up an incredible amount of fossil fuel just to get there. If you're eating lettuce, say, in New York, that's been grown in California, one of those bags of prewashed mixed lettuce, it takes 56 calories of fossil fuel energy to deliver 1 calorie of food energy to your plate.

For the consumer to understand how, you know, how much energy goes into their food, I think all they have to understand is, you know, if it's local, it's less. And if it is unprocessed – a lot of the energy in our food comes from processing. All the complicated steps needed to make a *Twinkie* a *Twinkie*, you know, all use vast amounts of energy. There are a great many other benefits to eating locally, besides conserving energy. There is, I think, the very important benefit of keeping farmers in business. Farmers add a lot to a community. They have great wisdom about the natural world.

And then there is the view. There's a wonderful bumper sticker in Europe called 'Eat your view', and the premise is that if you don't support these agricultural landscapes around you, they will be sprawled, they will be covered with houses, and highways and shopping malls. And the way to keep them open is to eat from the farms that constitute that view. And that's true. I mean, that's how you preserve those agricultural landscapes, is eating from those farms.