

CLIMATE FRIENDLY DIET VISION GROUP

Vision: A Climate Friendly Diet for all

Background

A "Food" vision group was formed last autumn when the other Ludlow 21 vision groups were forming. It became known as "The Climate Friendly Diet" vision group. Although food and food production is an immense topic with many facets, it quickly became evident that three issues should be addressed immediately. They were:

- 1) social justice
- 2) increasing self-sufficiency
- 3) informing the public how diet can improve personal health and confront climate change

Ludlow 21 already has a FAIRTRADE group so in consultation with their members we decided to have social justice addressed primarily by them. However, the CFD group will support and promote their initiatives.

"Incredible Edibles" was adopted to tackle self-sufficiency as it's a well known programme that encourages individuals and communities to start growing more of their own food. And, fortunately, some funding was almost immediately available to get it started. This arm of the vision group has been very active and evidence of their initial work can be seen along Station Drive. As this is a large project and operates as an independent sub-group, Tish will explain more later.

The next part is about informing the public about how a plant-based diet can improve not only personal health but also address issues of climate change. We have called it a plant-based diet as how, when, and by what degree individuals change is their choice. Some may begin by reducing meat gradually while others may decide on total and immediate conversion. And although food production and food consumption is a global issue we believe our solutions should reflect our local situation.

What have we done to inform the public?

- 1) we visited the U3A Food & Farming group to deliver a talk. They have invited us back for a follow-up talk next year. The talk is available to other groups,
- 2) we hosted 3 films in a series called: ***Climate Change: Bite Back***. **Cowspiracy** described the environmental devastation caused by meat and dairy industries, **Forks Over Knives** the health benefits of a plant-based diet, and **Vegucated** followed three meat eaters as they adopted a vegan diet for 6 weeks,
- 3) we have a small film library so individuals or groups can borrow these and

other environmental films,

4) we have started a **Veggie/Vegan Shared Supper Club** to support those wanting to reduce meat and dairy and adopt a plant-based diet. Foods can be sampled, recipes exchanged, and information shared in a relaxed and enjoyable environment.

5) Ludlow's Food Festival is planning to show the above 3 films at The Assembly Rooms in the autumn.

What do we still need to do?

- 1) continue educating ourselves and the public,
- 2) identify and prioritize other food related issues in order to set goals to reach our vision by 2040.

What do we want for 2040?

- 1) a sustainable Ludlow that grows and produces to its maximum local capacity, consumes food to maintain health, and eliminates over consumption,
- 2) resilience where we anticipate future challenges and prepare for them,
- 3) food security,
- 4) consume an entirely organic plant-based diet.

In summary, we would have adopted a diet designed to enhance personal and planet health.

The Climate Friendly Diet vision group recognizes that these initiatives are only the beginning of a monumental task and would welcome support.