

“We can’t solve problems by using the
same kind of thinking we used when
we created them.”

Albert Einstein

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One Planet Living in Action

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BioRegional Development Group – What we do

Leading the way to One Planet Living- practical demonstration, sharing experience.

- Invent and deliver sustainable products, services and production systems.
- Initiate and guide development of sustainable communities.
- Help and inspire others to learn from our experience

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Our approach – how do we do it?

Tried and tested way of meeting our needs within environmental limits

- Measuring impacts
- Devising solutions
- Delivering sustainability
- Inspiring others



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Ecological Footprinting

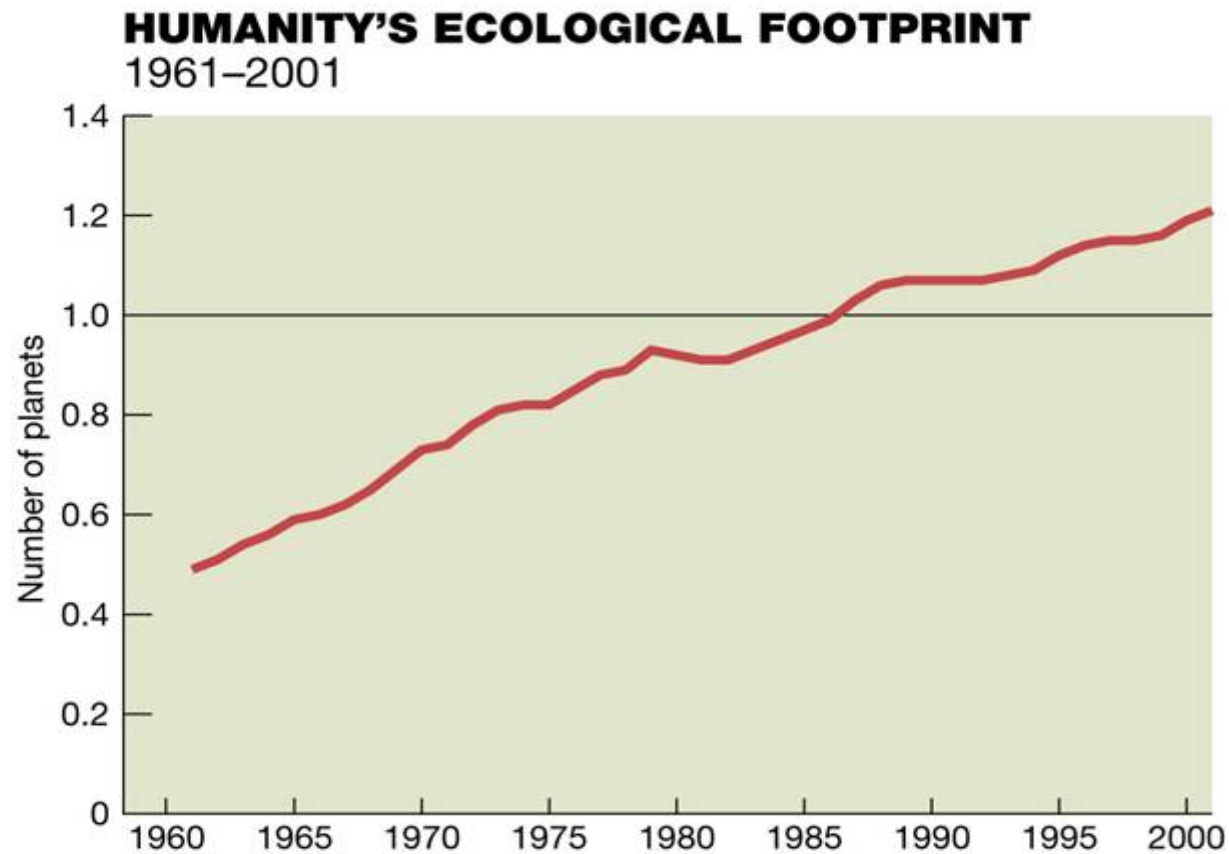
It is a tool which relates people's consumption of goods and services to the Earth's ability to produce the raw materials needed to produce those goods and services. It allows us to measure our environmental impact.



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Why do we need One Planet Living?



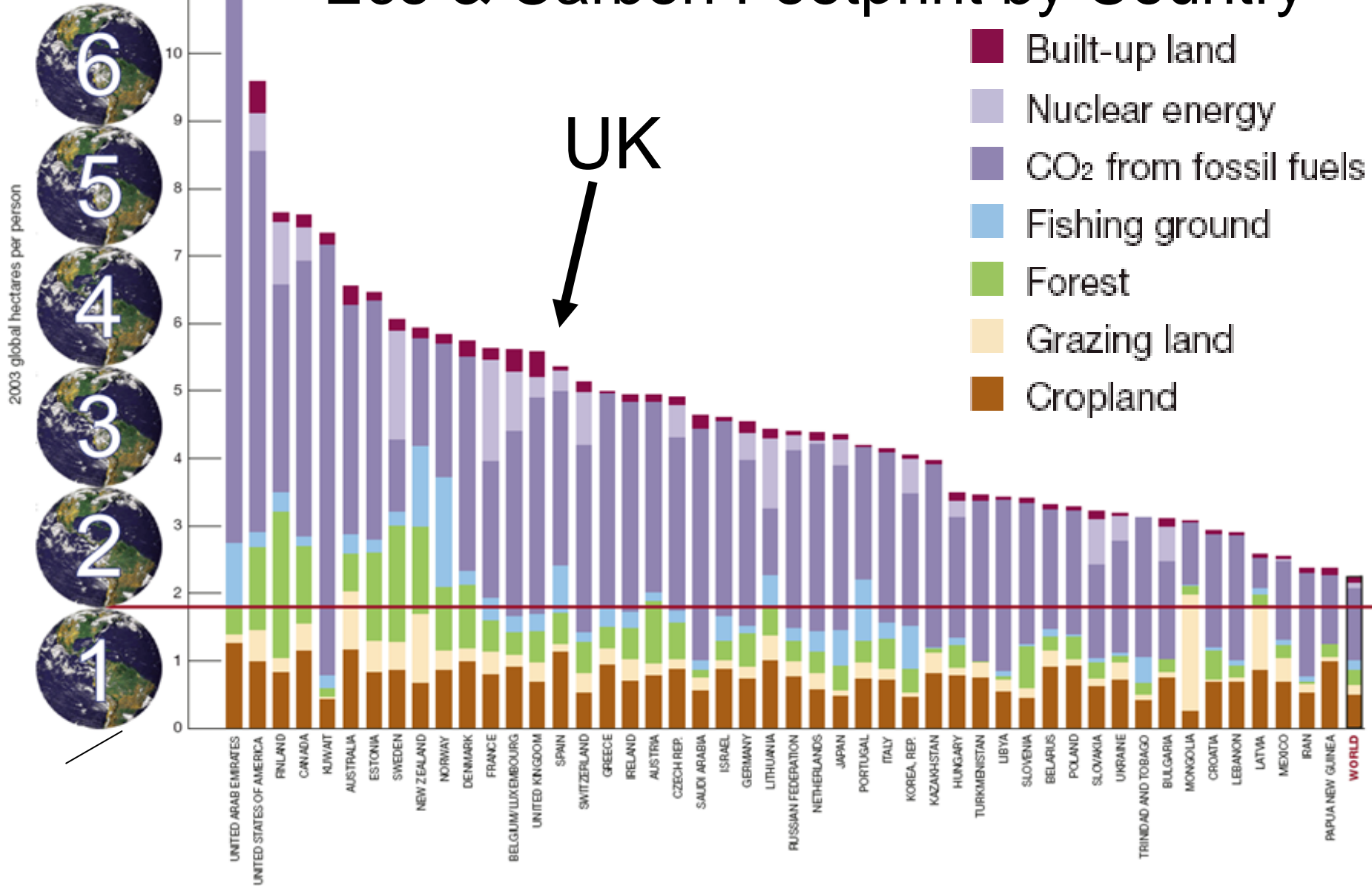
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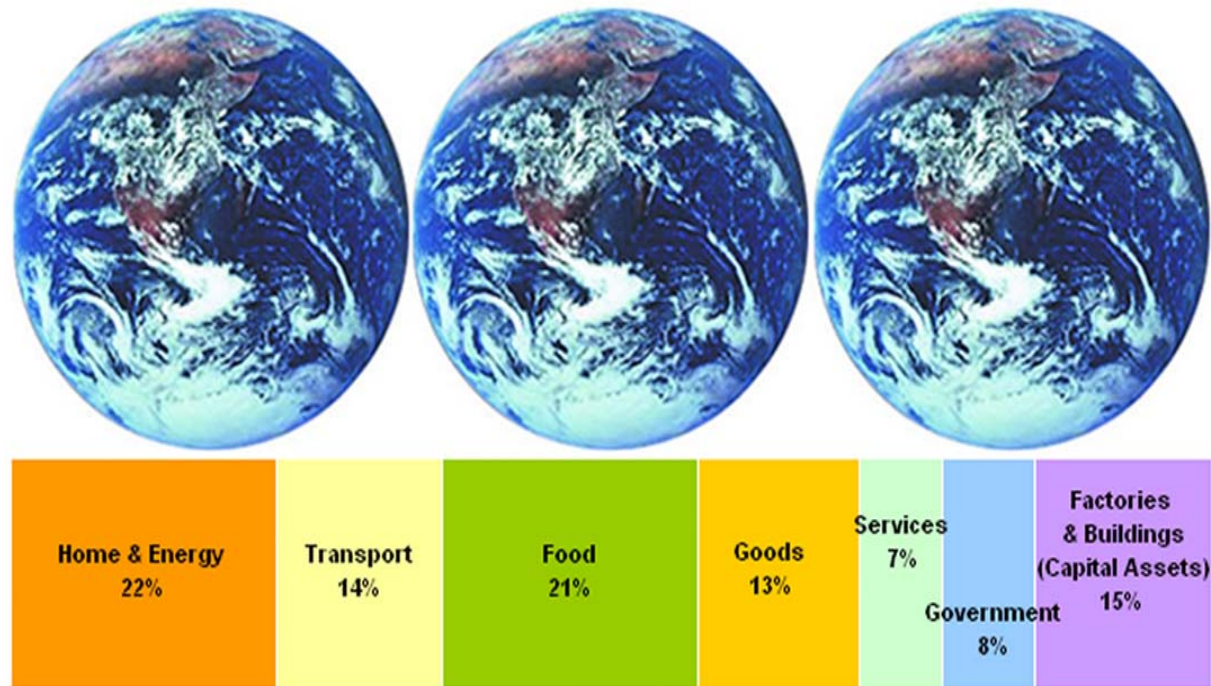
Source: Living Planet Report WWF, Global Footprinting Network, ZSL.

ECOLOGICAL FOOTPRINT PER PERSON, BY COUNTRY, 2003

Eco & Carbon Footprint by Country



UK Ecological Footprint – 3 Planet Living



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Implementing One Planet Living

- Ten principles used as a Framework to develop a **Sustainability Action Plan** with targets for each One Planet project
- **Common International Targets** based on principle of global contraction & convergence to a sustainable carbon and eco-footprint
- Review progress annually

1	Zero Carbon
2	Zero Waste
3	Sustainable Transport
4	Local and Sustainable Materials
5	Local and Sustainable Food
6	Sustainable Water
7	Natural Habitats and Wildlife
8	Culture and Heritage
9	Equity and Fairtrade
10	Health and Happiness



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Benefits of sustainable food

- **Zero Carbon:** creates possibilities around energy eg. waste to biogas
- **Zero waste:** reduces packaging and waste going to landfill, increases composting
- **Sustainable transport:** local food reduces food miles, cuts car journeys to the shops
- **Local and sustainable materials:** reduces packaging



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Benefits of sustainable food

- **Sustainable water:** harvested rainwater and recycled greywater for irrigation
- **Natural habitats and wildlife:** increases biodiversity
- **Equity and fairtrade:** creates local jobs and economy
- **Culture and heritage:** preservation of green space, boosts sense of place, food-based local events
- **Health and happiness:** education, exercise, enjoyment of the outdoors, local community cohesion



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Breakdown of food eco-footprint*

Product	% of average food ecofootprint
Meat products	29%
Dairy products	24%
Vegetables	9%
Cereals	9%
Fats and oils	7%
Fruit	7%
Other animal (fish, eggs)	6%
Sugar	4%
Alcohol	4%
Other	1%

***of average resident in south-east England**

•Source: Z-squared the impact of food BioRegional, 2005

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What needs to happen?

- If our food was local, used no energy and unpackaged:
 - eco-footprint only reduced by 50% and food still accounts for approximately 50% of our allowable land area
- We also need to change behaviours:
 - Change our diet: eg. eat less meat/dairy
 - Waste less food
 - Eat more local and seasonal food



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One Planet Food



- Three year programme: Sept 09 – Sept 2012
- Partnership between BioRegional and EcoLocal
- Focus on local food, healthy eating and sustainable diets in the London borough of Sutton



Need for the project

- 29% Sutton's Primary School children are overweight, 25% of adults are obese
- 19% of adults have regular physical exercise
- 82% of adults and 63% of children are not getting their 'five-a-day'
- Increased levels of cancer and cardiovascular disease
- Income / health inequality



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Community engagement



- Consultation with over 2000 people in Sutton
- 96% concerned about healthy eating
- Lack of fresh produce: only 28% travelled to work by car but 80% drive to buy food
- 10% can't cook, 17% in 18-29 group
- 90% would like local food in school and hospital meals



The project aims



1. Bring local food into the borough

- schools and hospitals
- neighbourhood market stalls

2. Grow more food locally:

- Sutton's first community farm
- food growing training

3. Encourage healthy eating

- fun learning
- healthy cooking courses

4. Raise awareness about local healthy food

- promotional activities
- local food ambassadors



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The project



- Local food network with 10 local producers, integrating local food into 30 schools and local hospital;
- Affordable local food markets
- Development of allotment training centre and Sutton's first community farm
- Healthy eating and food growing training programme and events
- Create opportunities for local food orientated social enterprises and at least 6 new local jobs.



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Some stats to think about...



- Eliminating food waste would be the equivalent in greenhouse gases to taking 1 in 5 cars off the roads
- c 70,000 premature deaths in the UK could be avoided if diet matched nutritional guidelines
- Only 2% of fruit consumed in the UK is grown here
- Transportation of food equivalent on 19 million tonnes of carbon each year
- Food accounts for 25% of heavy goods vehicle movements: congestion, accidents, infrastructure costs.

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