

# Cool Foods Facts

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If everyone converted 10% of their diet to organic, we could capture an additional 6.5 billion pounds of carbon in soil—the equivalent of taking 2 million cars off the road each year! (*Organic Center*)

Eat local! More than one-fifth of all transportation emissions in the U.S. come from agriculture and food products. (*EPA, 2007*)

Livestock emit 18% of greenhouse gases worldwide—more than transportation. (*Steinfeld et al., 2006*)

Organic agriculture can offset more than twice the amount of greenhouse gases than conventional agriculture. (*FAO, 2002*)

It takes 7 to 10 times more energy to produce your food than the energy contained in the food itself. (*Heller and Keoleian, 2000; Pimentel, 2008*)

Cows aren't so cool—about two-thirds of all methane emissions come from agriculture. (*Kotschi and Muller-Samann, 16:2004*)

A healthy wetland can remove 252,000 tons of carbon dioxide from the atmosphere, per square kilometer. (*IPCC, 2000*)

Synthetic fertilizers sprayed on cropland are responsible for emitting 647 million pounds of nitrous oxide per year—a powerful greenhouse gas. (*EPA, 2007*)

One study found that organic corn removed more than 145,000 more pounds of carbon dioxide from the atmosphere than conventional corn. This is like 10 cars driving 12,000 miles! (*Pimentel, 2006*)

A healthy grassland can remove 89,000 tons of carbon dioxide from the atmosphere, per square kilometer. (*IPCC, 2000*)

## Cool Foods CAMPAIGN



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About half of all the grain and oilseeds grown in the U.S. is fed to livestock. (*USDA Feed Grains Database; USDA Oil Crops Yearbook*)

Conserve Containers! The food processing and packaging sector is one of the top 5 users of energy in the U.S., using almost 14 billion gallons of gasoline every year. (*Dept of Energy, 2004*)

Organic farming provides 31% more employment per hectare than conventional agriculture. (*Soil Association, 2006*)

Reduce your impact on global warming by eating vegetarian for a day. Worldwide, meat and dairy production account for 9% of carbon dioxide emissions, 65% of nitrous oxide emissions, and 37% of methane emissions. (*Steinfeld et al., 2006*)

Organic agriculture uses far less energy than conventional agriculture because it does not rely as much on fossil fuels or synthetic pesticides and fertilizers. (*FAO, 2002*)

This just stinks! The gas produced by livestock and their manure account for more than 1.2 times as many greenhouse gas emissions as landfills. (*EPA, 2007*)

Sewage sludge—including waste from our toilets—sprayed on grassland emits 500,000 metric tons of carbon dioxide every year in the U.S. (*EPA, 2007*)

Every hectare of restored wetland can remove about 1,100 pounds of carbon dioxide from the atmosphere. (*IPCC, 2000*)

Organic agriculture accounts for 48% to 68% fewer carbon dioxide emissions per hectare of soil compared to conventional agriculture. (*FAO, 2002*)

Cows alone emit 107 million metric tons of methane each year!

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