



Diet & Global Climate Change

Environmental Studies 166DC, Prof. David Cleveland

2018 Winter, TR 8:00-9:15, UCSB

The foods we eat can make us healthy, sustain our climate and environment, and nourish our communities—and be delicious!

Yet our diets are literally killing us, destroying our environment and driving global climate change, and doing this in ways that contributes to social injustice and unethical treatment of animals.



What can we do about it?

In *Diet & Global Climate Change* we analyze the global food-climate-health-equity crisis and the potential of diet change as a solution.

This course will empower you to participate in the important discussions and decisions about our diet and climate happening every day. We will analyze theories, data and values from different viewpoints, and test hypotheses about the relationship of diets to climate change, health, and social justice.

Questions we'll answer in *Diet & Global Climate Change*

- How can diet change reduce:
 - greenhouse gas emissions (GHGE) in the agrifood system, from inputs like fertilizers, to food waste?
 - the risk for diet-related diseases like diabetes, heart disease, and cancers, and GHGE from health care?
- How do knowledge, values, food environments, food corporations, and government policies, affect our diets?
- What changes can we make on our UCSB campus and in our communities to support better food choices and diets?
- How can we help to motivate diet change for friends and family, communities, and policy makers?

