



Food Choices: *Take a Bite Out of Climate Change*

Requirement:

Educate visitors on the impacts of food choices and waste on climate change.

Why Do It:

[“Project Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming”](#) analyzes one hundred of the “most substantive solutions to global warming” and ranks them in order of their efficacy if implemented. [Reducing food waste](#) and adopting a [plant-rich diet](#) were the third and fourth most effective, respectively. The profound impact our food choices have on the planet cannot be understated.

How it Works:

Café Phipps is instrumental in our institution’s programming around food and food choice. Our three-star Green Restaurant Certified® café operates with a [mission](#) to provide guests with fresh, healthy meals featuring local, organic, sustainably produced and seasonal ingredients. The sizable, plant-forward menu demonstrates that eating a plant-rich diet is good for you, good for the planet and delicious.

Signage in two different locations in the conservatory detail the significant impact of going meat-free one day per week.

Similarly, climate change can be a challenging topic to address with younger guests. It can be overwhelming to all audiences, and it can be emotionally distressing and even damaging to children. While our younger guests are in the Play Market, a very popular aspect of our Gallery Garden which takes advantage of the child’s natural interest in food to introduce what healthy food looks like, literature is available for care-givers detailing strategies for age-appropriate conversations with youth about climate change.

Why This Works:

Americans eat a lot of meat — about [four times](#) the world average. Food choice is an intensely personal set of decisions, based on social, cultural and personal factors. If people perceive they are being told what to eat, it can evoke strong negative emotions. Rather than chastise guests who do choose to eat meat, which can have the unwanted effect of their “digging their heels in” and eating even more, we show guests beautiful produce being grown which they can see and taste for themselves on campus.

Obstacles:

Nothing significant.

Messaging:

Choices, especially when it comes to what's on the table, matter. You can have a positive impact on your health and the planet, one delicious bite at a time.



BETTER FOOD

Responsible food production practices produce delicious and healthy food, as well as fewer greenhouse gases.

At Phipps

- Outside this window is Phipps' rooftop edible garden. Farmer Mike harvests over half a ton of organically grown fresh produce each season for use here on campus, including at Café Phipps.
- Our 3-star Green Restaurant Certified® Café Phipps has been featured as one of the country's best museum eateries by *Food and Wine Magazine*, demonstrating local, healthy food can be good for the environment as well as being delicious.

At Home

- Choosing local gets you the freshest fare and cuts down on the carbon emitted when food is transported long distances. Check out farmers markets or even try growing your own vegetables in containers in your yard or on your porch.
- A diet rich in whole grains, fruits and vegetables is healthy and raising livestock produces a lot of greenhouse gases. If everybody in the Pittsburgh metro area went meat free just one day a week for a year, it would be the equivalent of removing 149,000 cars from the road for a full year.

Cut back on red meat.

Compared to other foods, including other livestock, raising cows creates a lot of greenhouse gas. Going red meat-free just one day a week can have a big effect on emissions.

Commitment: Once per week

Impact: Eating just one less burger per week for a year would be the same as taking your car off the road for



320 miles.

Can I do it right now?

Sure! Café Phipps features many delicious and nutritious offerings that are free of red meat. You can take a recipe card for a red meat-free meal you can make at home!