Welcome and Introduction

Pamela Gallagher, SNS, MBA
Executive Director
The School Nutrition Association of Pennsylvania

Kate Watts, Forward Food
Food & Nutrition Specialist
PA.OH.NJ.DE
kwatts@hsus.org | P 215.356.4900
Go to Webinar Control Panel

Type your questions into the “Question” box at any time during the webinar.

Questions will be addressed as time allows.
Go to Webinar Control Panel

Handouts are found using the Go to Webinar Control Panel
Webinar and Handouts

• Webinar recording and copies of all the handouts will be posted on the SNAPA website and available to SNAPA members.

• Members will need their username and password to access the recorded webinar.

• SNAPA Website Link
  https://snapa.org/resources/webinars/webinars
Forward Food

THE HUMANE SOCIETY
OF THE UNITED STATES
What’s New With Food?

trends in food service that are here to stay
As more consumers embrace the craveability and potential health and sustainability benefits of plant-heavy eating, limited-service chains are taking on the unique challenges of being more veg-focused.

Maggie Hennessy, reporter
The research company said all census regions showed **double-digit growth**, with the western region growing the most, followed closely by the South, according to a news release.

*NPD Group*
By serving what consumers want—in this case, plant-based proteins and vegetarian/vegan options—foodservice directors may see an increase in meal-plan participation. In fact, plant-based proteins and vegetable-forward cuisines offer the benefit of being healthier, something that 32% of students say would encourage them to eat on campus.
UCLA decided to replace Sbarro, a New York-style pizza restaurant, with Veggie Grill to add a healthier eating option on campus.

Cindy Bolton, ASUCLA food services director
Cutting back on meat a little will improve New Yorkers' health and reduce greenhouse gas emissions. We're expanding Meatless Mondays to all public schools to keep our lunch and planet green for generations to come.

Mayor Bill de Blasio
As concerns over the huge impact on the environment, human health and animal welfare grow, what future is there for the meat industry?

Bibi van der Zee, commissioning editor on Animals Farmed
For Gen Z Americans, now roughly between the ages of 7 and 22, terms like “factory farming” and “raised without antibiotics” don’t require explanation. They want authentic, transparent food brands that are slowing climate change, not contributing to it.
The company says the price of plant-based foods are projected to continue to drop as more districts choose plant-based proteins over meat proteins for environmental, health and cost reasons.

Don Lee Farms
THE BEYOND BURGER®

The world’s first plant-based burger that looks, cooks, and satisfies like beef without gluten, soy, or GMOs. Find It in the meat aisle.
<table>
<thead>
<tr>
<th>Logo</th>
<th>Logo</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carls Jr.</td>
<td>Del Taco</td>
</tr>
<tr>
<td>TGI Fridays</td>
<td>LEGOLAND</td>
</tr>
<tr>
<td>The University of Texas MD Anderson Cancer Center</td>
<td>EPIC</td>
</tr>
<tr>
<td>Ohio State</td>
<td>CenturyLink Field</td>
</tr>
<tr>
<td>veggie grill</td>
<td>Showmash</td>
</tr>
</tbody>
</table>
Burger King will roll out Impossible Whoppers nationwide
Plant-based protein is growing almost, at this point, a little faster than animal-based, so I think the migration may continue in that direction.

Tom Hayes
CEO of Tyson Foods Inc.
Demand is being fueled by consumers choosing healthier diets and trying to reduce their impact on the environment. It will take a combination of innovative and traditional approaches to feed protein to a growing population in a sustainable way.

“Tom Hayes, CEO, Tyson Foods

Tyson, one of the world’s biggest meat producers, will start selling a plant-based protein this summer.
Food Service Giants

Huge companies are committing to food innovation
Largest in the US

- Reduced beef purchases by 30%
- 300 plant-based recipes
- 30% of the main dishes served are plant forward
Why Food is Changing

Animal Welfare
Human Health
Environment
99% factory farms

9.5 billion / year
Human Health

Live longer
Live better

Photo by Chat Photography
Our analysis...shows a consistent positive association between meat consumption and obesity measures among U.S. adults.

September 3, 2009

Diets High in Meat Consumption Associated with Obesity

A diet that promotes meat consumption might increase your risk of becoming obese, according to a study conducted by researchers at the Johns Hopkins Bloomberg School of Public Health. Researchers examined the association between meat consumption and adiposity measures such as body mass index (BMI), waist circumference, obesity and central obesity (deposits of body fat localized around the abdomen) based on nationally representative survey data. They found that study participants who consumed high amounts of meat had higher energy intake compared to those who consumed less meat, and were 33 percent more likely to have central obesity. The results are published in the June 2009 issue of the International Journal of Obesity.

Youfa Wang, MD, PhD, MS, senior author of the study and associate professor with the Bloomberg School’s Center for Human Nutrition, along with May A. Beydoun, PhD, a former postdoctoral research fellow at the...
We have become victims of three major conditions endemic to the Western World: inflammation, obesity, and type 2 diabetes, which are intricately interrelated and largely result from poor lifestyle choices.

The Permanente Journal/Perm J 2018;22:17-025
Heart Disease

Kills over 610,000/per year
1 out of every 4 adults
Stroke

Kills over 130,000/per year
1 out of every 20 adults
Type II Diabetes

29 million with diabetes
86 million with prediabetes
Cancer

Processed meats increase risk for esophagus, lung, pancreas, stomach, colorectal, endometrium, and prostate cancers
“I’ve got 99 problems and protein ain’t one”
The vast majority of premature death and disability is preventable with a plant-based diet and other healthy lifestyle behaviors.

Michael Greger, M.D. FACLM
“Cleaning up our diets is safer and cheaper and more effective than drugs because you're treating the actual cause of the disease.”

Michael Greger, M.D. FACLM
Leaving out the meat every now and then is good for you. In fact, it could help lower your cholesterol and reduce your risk for cardiovascular disease.

"The American Heart Association"
When it comes to American health, the research shows one thing very clearly:

We all need to eat more plants and less meat.

American Institute for Cancer Research
The Healthiest Diet

Is one that ...

minimizes

Meat
Eggs
Dairy
Processed Junk

maximizes

Fruits
Vegetables
Beans
Whole Grains
Nuts and Seeds
Mushrooms
Herbs and Spices

Photo by Chat Photography
Our Planet

Environmental Impact
Livestock are one of the most significant contributors to today’s most serious environmental problems.

Henning Steinfeld, United Nations Food & Agriculture Organization: Livestock’s Long Shadow
Gases produced by animal agriculture are leading contributors to climate change.
It takes a lot of water to raise livestock.
Water Used for Food

♦ = 25 gallons of water

Wheat = 25 gallons

Soy = 250 gallons

Beef = 2,500 gallons
About 70% of the water used in the 11 western states is dedicated to the raising of animals for food.

Animal Legal Defense Fund
Scientists warn there are just a dozen years in which to keep global warming under 1.5°C, beyond which even half a degree will significantly worsen the risks of drought, floods and extreme heat.
To keep global temperature rises to under 2C by 2050, we need to eat much less of these foods ...

- **UK citizens** will need to eat nine times less pork ...
- **Globally** we would need to eat eight times less pork by 2050 ...

... and much more of these

- and five times more legumes
- ... and twice as many legumes

- Beef
- Nuts and seeds
- Lamb
- Vegetables
- Poultry
- Fruits
- Sugar
- Vegetable oil
- Milk
UK and US citizens need to cut beef by 90% and milk by 60% while increasing beans and pulses between four and six times.
The Future

How can we change our food system for the better?

Photo by Chat Photography
Leadership Summit

Thank you so much. Great workshop! Our team left very excited and well informed.

Jay Vetter, Aramark District Executive Chef
The response was more than 90% positive on incorporating healthier vegetarian food options.

Carlos Keith  
U.S. Army Fort Gordon  
Food Program Manager
We have been doing veg Tuesdays all this month and it has been great!

Becky Parks, General Manager
Sedona Oak Creek USD
Excellent! Let’s do it again. It was very informative and easy to ask questions.

The VA Phoenix
FFCNW attendees
“We’ve never had vegan food in our lives! I didn’t know it could taste this good. Tofu scramble was our favorite.”

ASU Student
“I come from a Mexican home where we eat meat all the time. This is totally new to me and it’s good!”

ASU Student
The garbanzo bean slider was delicious. Everything has so much flavor. You wouldn’t expect that.

ASU Student
"It really made me full. The tofu is really satisfying. I usually think I would only get that feeling by eating chicken."

ASU Student
“IN ORDER TO MAKE A DIFFERENCE, WE MAY HAVE TO DO SOMETHING DIFFERENT.”

- Colleen Patrick-Goudreau

Kate Watts
kwatts@hsus.org
215.356.4900
Forwardfood.org

DailyDoseOfCompassion.com