



Student Ambassador Programme

# WORKSHOP 4

## SUSTAINABLE FOOD

**NATURE**  
**POSITIVE**  
**BY 2030**

28TH MARCH 2025/ 12 GMT





# Housekeeping



- Please do turn on your camera if you feel able to – we'd love to make this as interactive as possible
- Do introduce yourselves in chat, and ask questions as we go through!
- We'll have an intro, student speakers, a Q&A session and then time for open discussions
- We'll be using Mentimeter during this workshop asking you to share your ideas and experiences with us



# Flexible agenda:



Welcome and introductions



Icebreaker and exploring this month's action: the Conservation Hierarchy and actions for your campus around FOOD



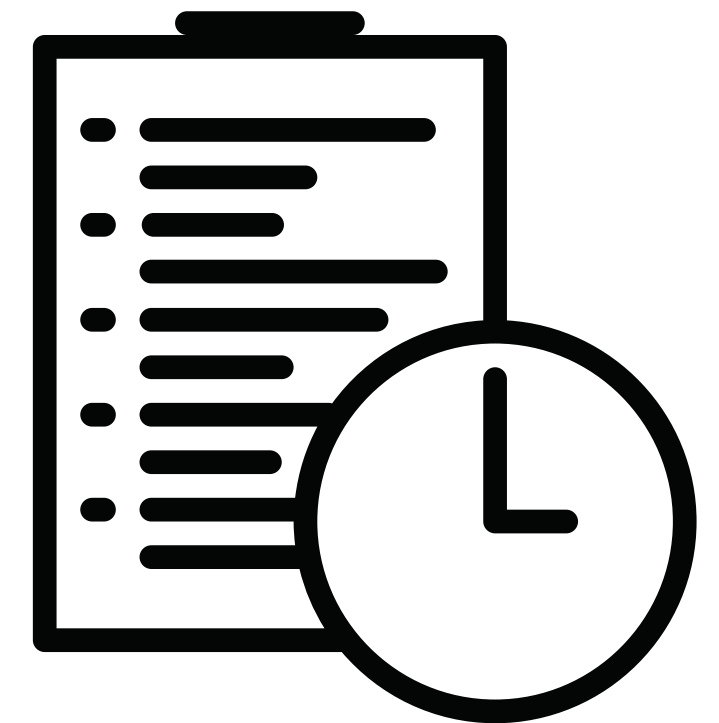
Presentations from student speakers - sharing experiences of food initiatives on campus



Q&A session, sharing actions and open discussions



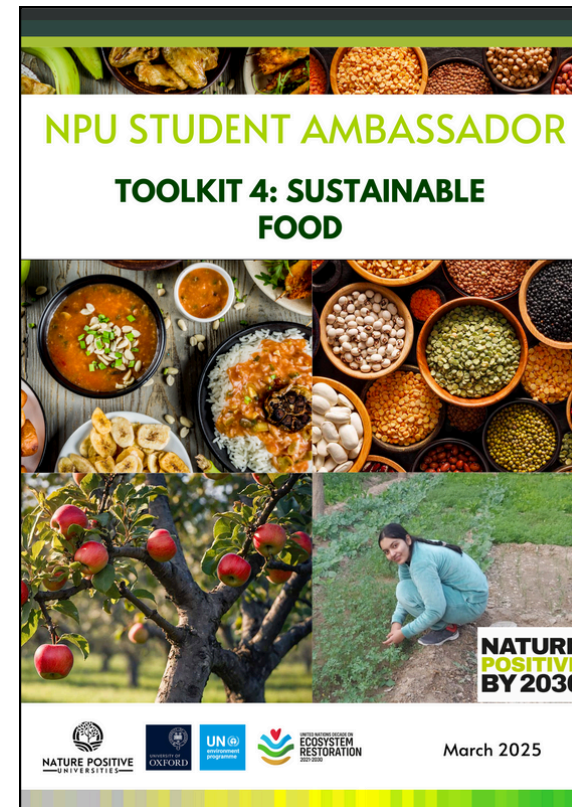
Summary of next steps - workbook form, toolkit and next workshop



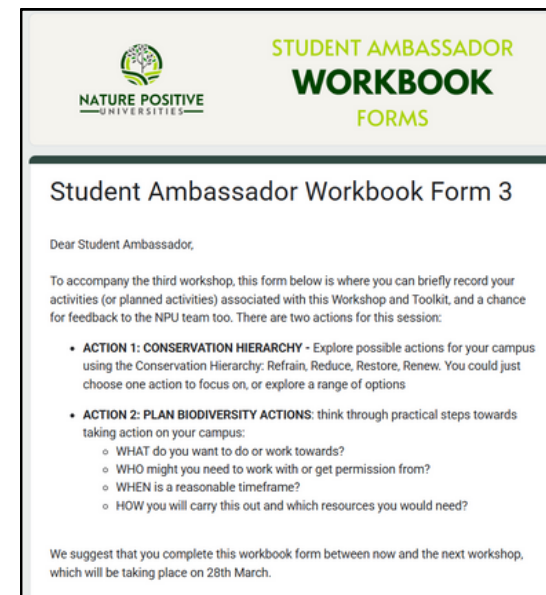
# Recap: Ambassador programme



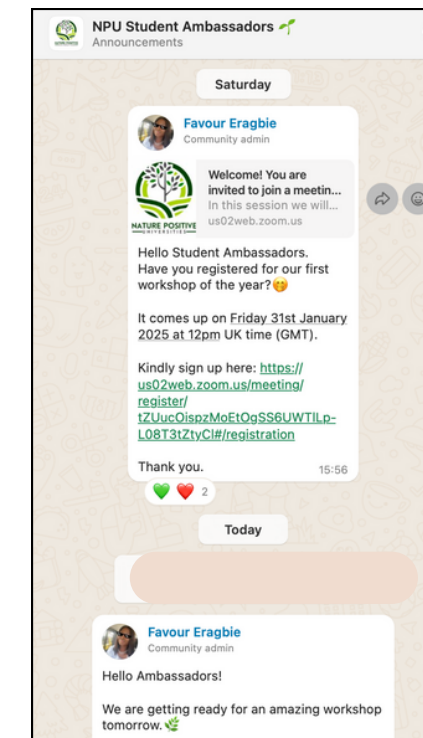
Green Skills workshops



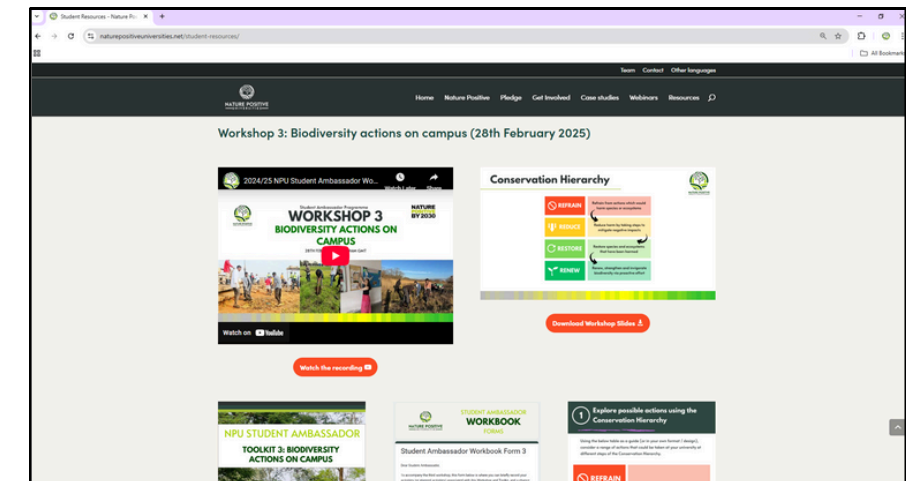
Action Toolkits



Workbook forms



WhatsApp chat



Student resources webpage

Note about workbooks: please don't use AI or chat-bots – this course is for you and your development and ideas



# Who are the NPU Student Ambassadors team?



Emily Stott  
Coordinator  
University of Oxford



Favour Eragbie  
Student Ambassador  
Coordinator  
University of Benin



Hollie Thompson  
Project Assistant  
University of Oxford



Your peers: 450 Student  
Ambassadors from 42  
countries!



# Sustainable Food



Ice breaker / wordclouds:  
What is sustainable food?  
Share examples of initiatives  
you've heard of



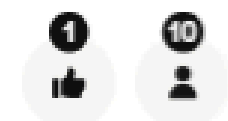


# Sustainable Food



## What is sustainable food?

25 responses





# Sustainable Food

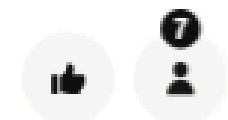


Share examples of food initiatives you've heard of

19 responses

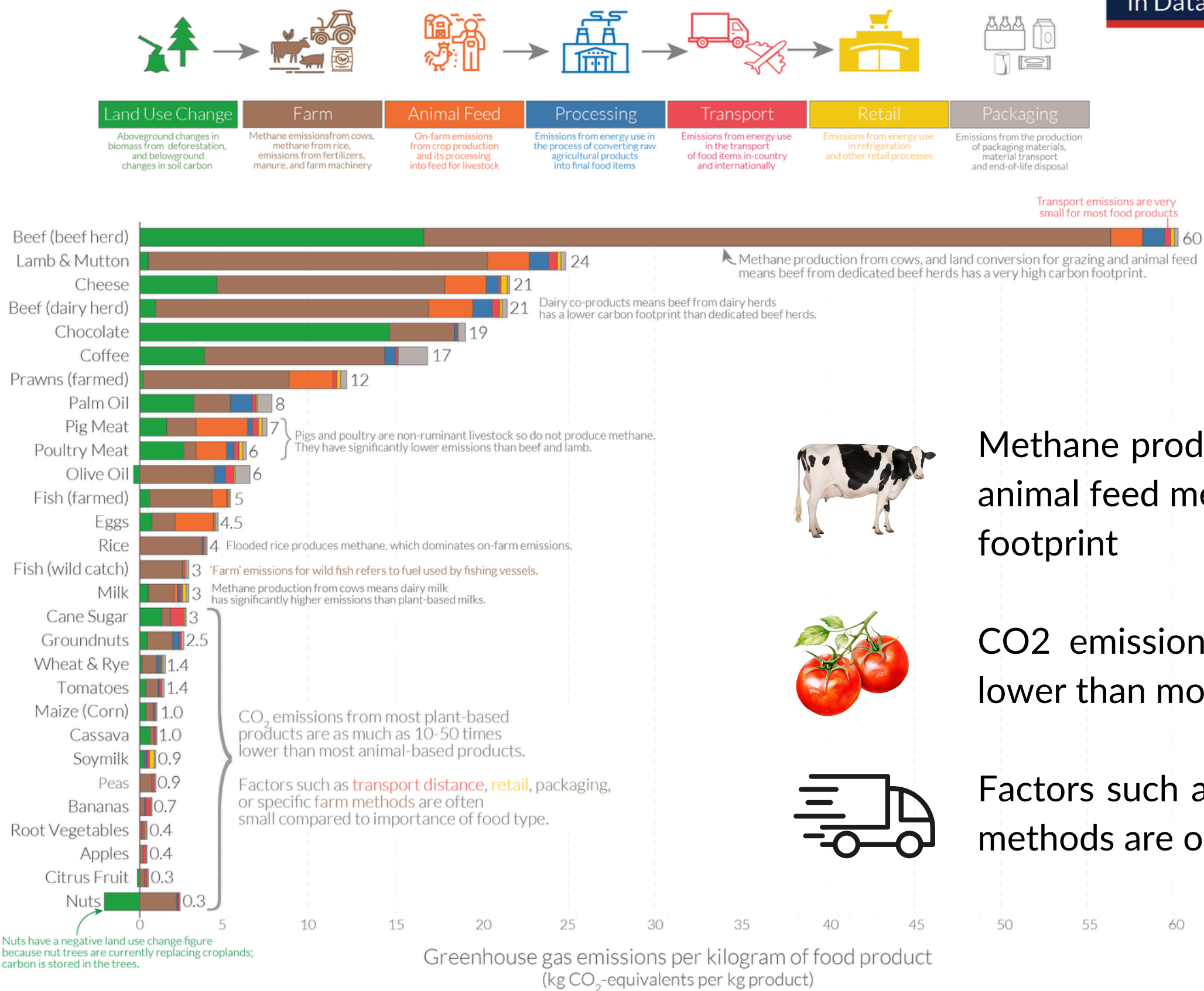
meatless Mondays  
student run refill shop  
plant based default menu  
garden on campus  
weighting of wasted food  
plant based universities  
no meat Monday  
food bank  
composting  
pay for what you waste  
food equality  
refill shops for dry food  
too good to go  
food for first years  
grow your own  
on campus composting

zero waste  
open fridge



# Food: greenhouse gas emissions across the supply chain

Our World  
in Data



Methane production from cows and land conversion for grazing and animal feed means beef from dedicated beef herds has a high carbon footprint



CO2 emissions from most plant based products are 10-50 times lower than most animal-based products



Factors such as transport distance, retail, packaging or specific farm methods are often small compared to importance of food type

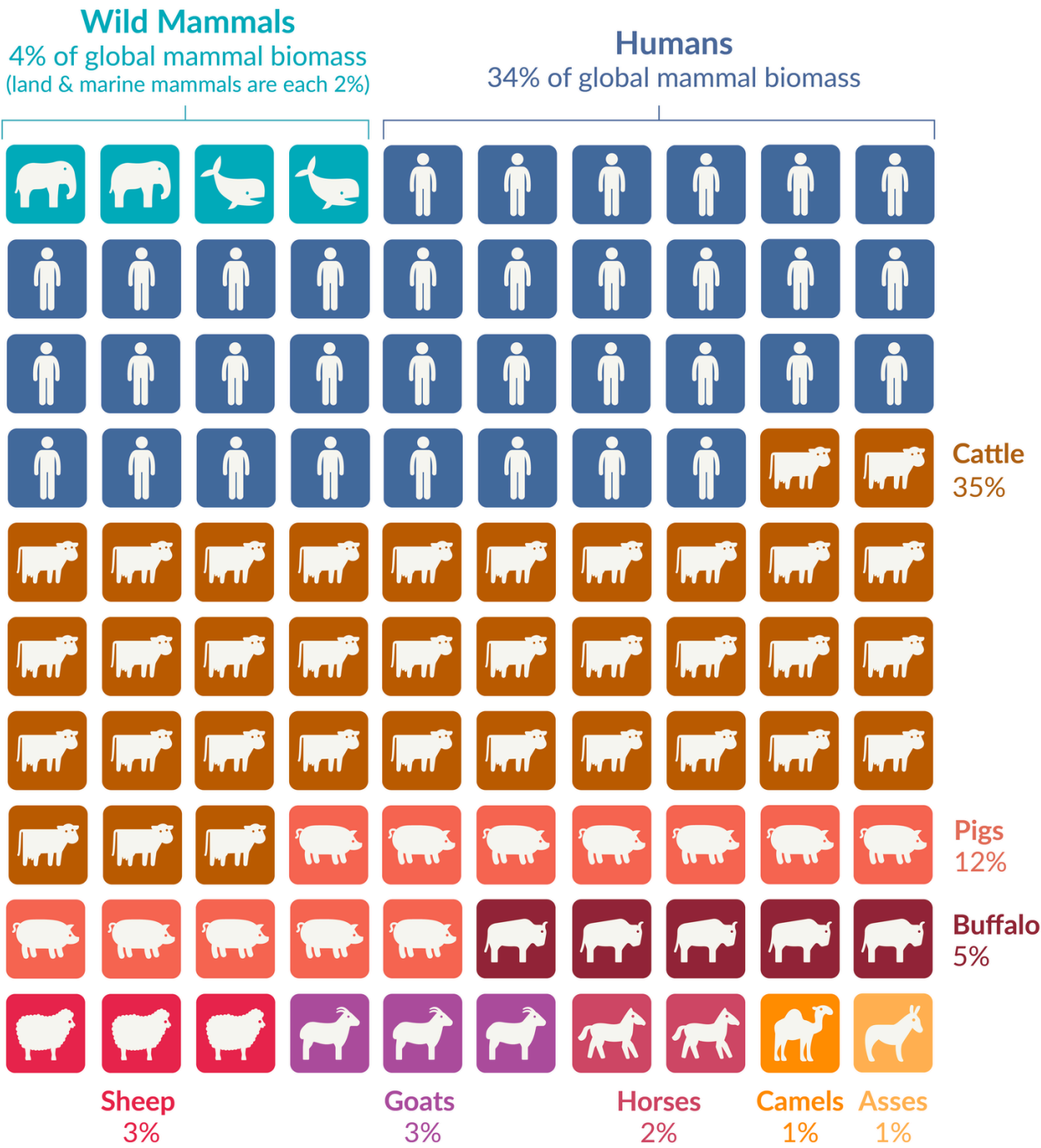


Note: Greenhouse gas emissions are given as global average values based on data across 38,700 commercially viable farms in 119 countries.  
Data source: Poore and Nemecek (2018). Reducing food's environmental impacts through producers and consumers. *Science*. Images sourced from the Noun Project.  
OurWorldinData.org – Research and data to make progress against the world's largest problems. Licensed under CC-BY by the author Hannah Ritchie.



# Distribution of mammals on Earth

Mammal biomass is measured in tonnes of carbon, and is shown for the year 2015. Each square corresponds to 1% of global mammal biomass.



34% of global mammal biomass is humans  
62% is livestock  
4% is wild mammals (2% land and 2% marine)

Or, excluding humans, looking at all the mammals on earth:

94% are livestock  
6% are wild mammals

**Note:** An estimate for pets has been included in the total biomass figures, but is not shown on the visualization because it makes up less than 1% of the total.

OurWorldinData.org — Research and data to make progress against the world's largest problems.

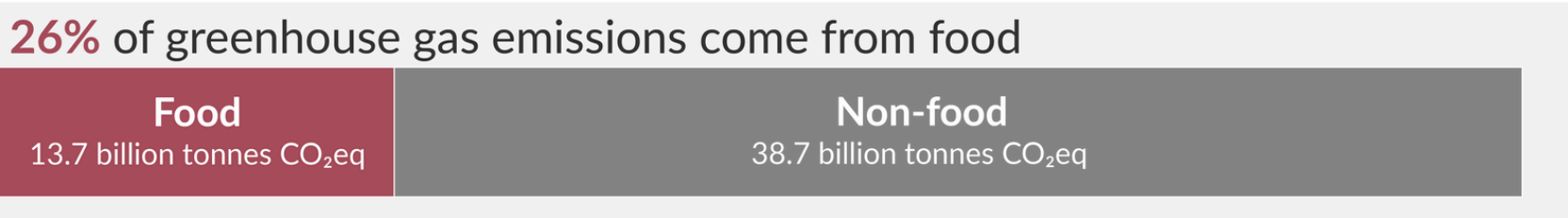
Licensed under CC-BY by the authors Hannah Ritchie and Klara Auerbach.



# The environmental impacts of food and agriculture



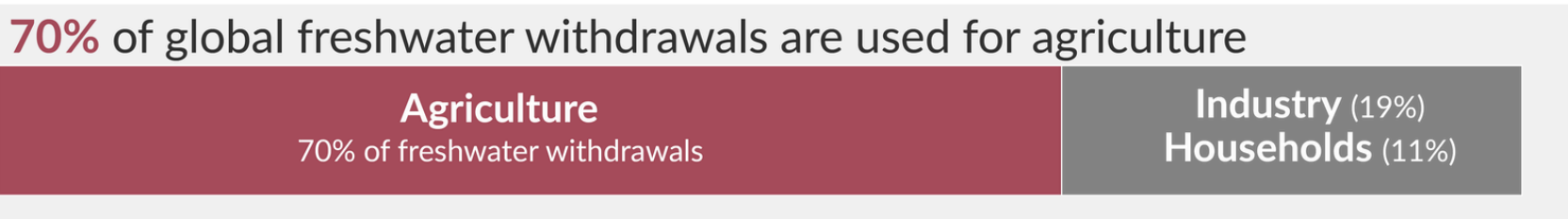
Greenhouse gas emissions



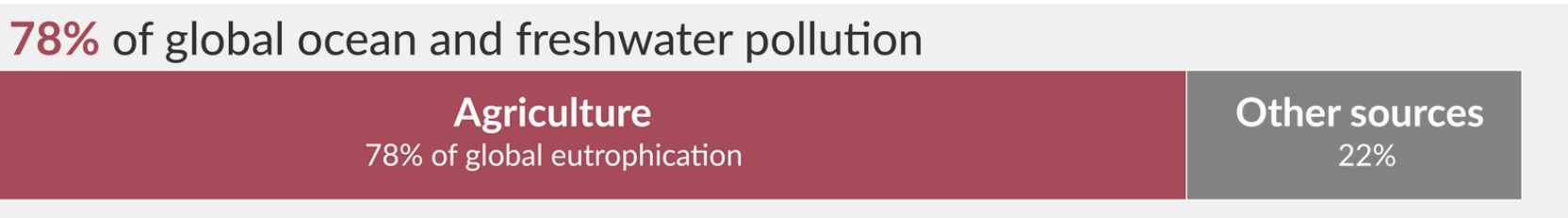
Land use



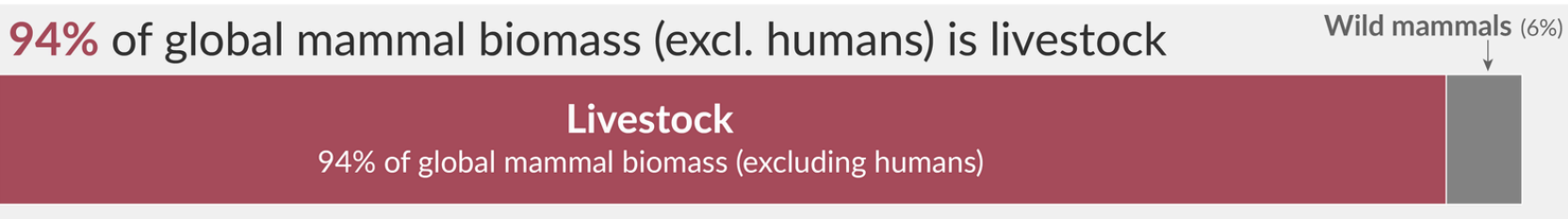
Freshwater withdrawals



Eutrophication



Mammal biodiversity



Bird biodiversity



78% ocean and freshwater pollution is caused by agriculture

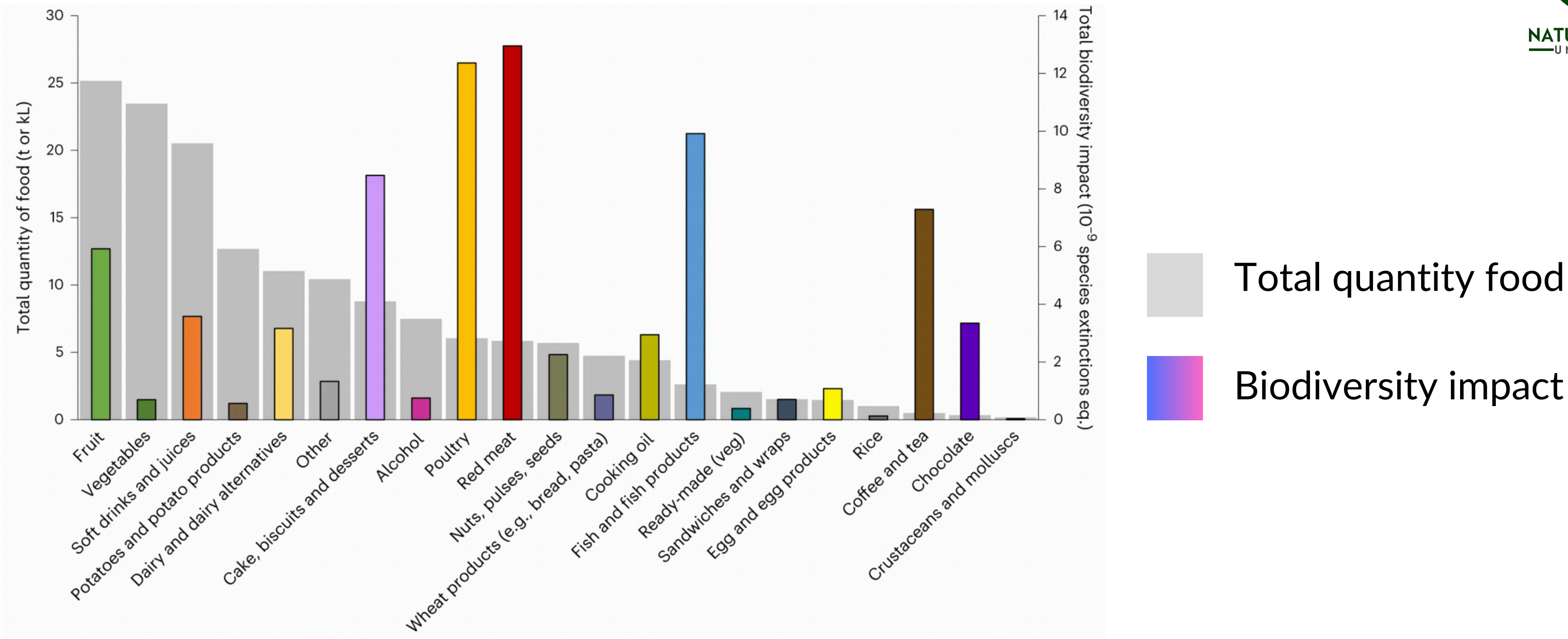
50% of the world's habitable land is used for agriculture

Data sources: Poore & Nemecek (2018); UN FAO; UN AQUASTAT; Bar-On et al. (2018).  
OurWorldinData.org – Research and data to make progress against the world's largest problems.

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Date published: November 2022.



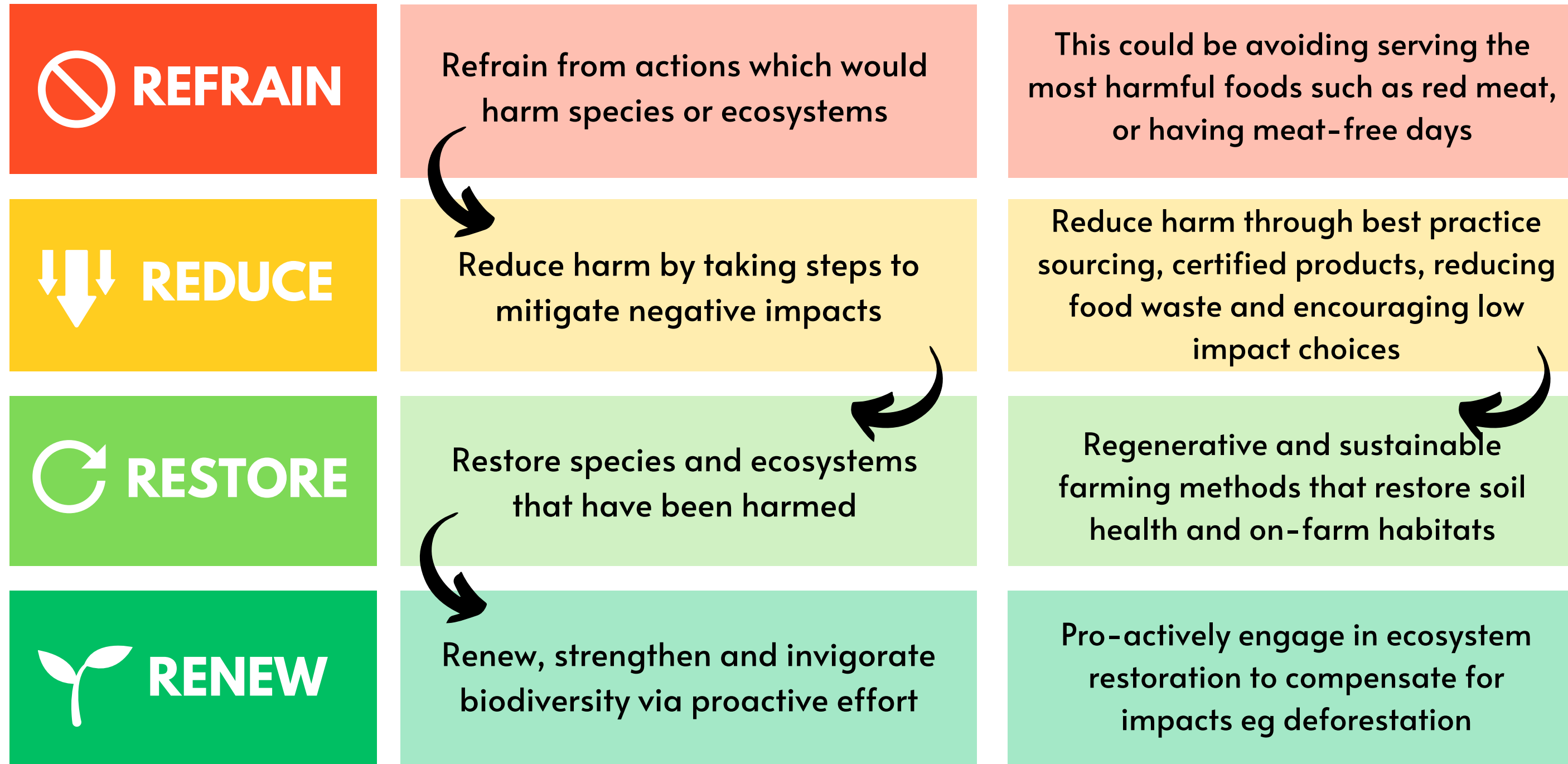
# Impacts of food at Lady Margaret Hall, University of Oxford:



[https://www.nature.com/articles/s43016-022-00660-2.epdf?sharing\\_token=lwtmAV-33tZFE1ro3tGl49RgN0jAjWeI9jnR3ZoTv0NbEIQX5AnhJrdao8HVjrzsyJ6nkPJTmrxxHeNapjsL2oy88hKUYXGggTzXdgu7UMS7znorJvz705jINK6Mc66UrrCpedx2sTmP5ZMGbB5cc4xrq92pvOBOpor7\\_Iso03E%3D](https://www.nature.com/articles/s43016-022-00660-2.epdf?sharing_token=lwtmAV-33tZFE1ro3tGl49RgN0jAjWeI9jnR3ZoTv0NbEIQX5AnhJrdao8HVjrzsyJ6nkPJTmrxxHeNapjsL2oy88hKUYXGggTzXdgu7UMS7znorJvz705jINK6Mc66UrrCpedx2sTmP5ZMGbB5cc4xrq92pvOBOpor7_Iso03E%3D)



# Conservation Hierarchy



# Food actions:



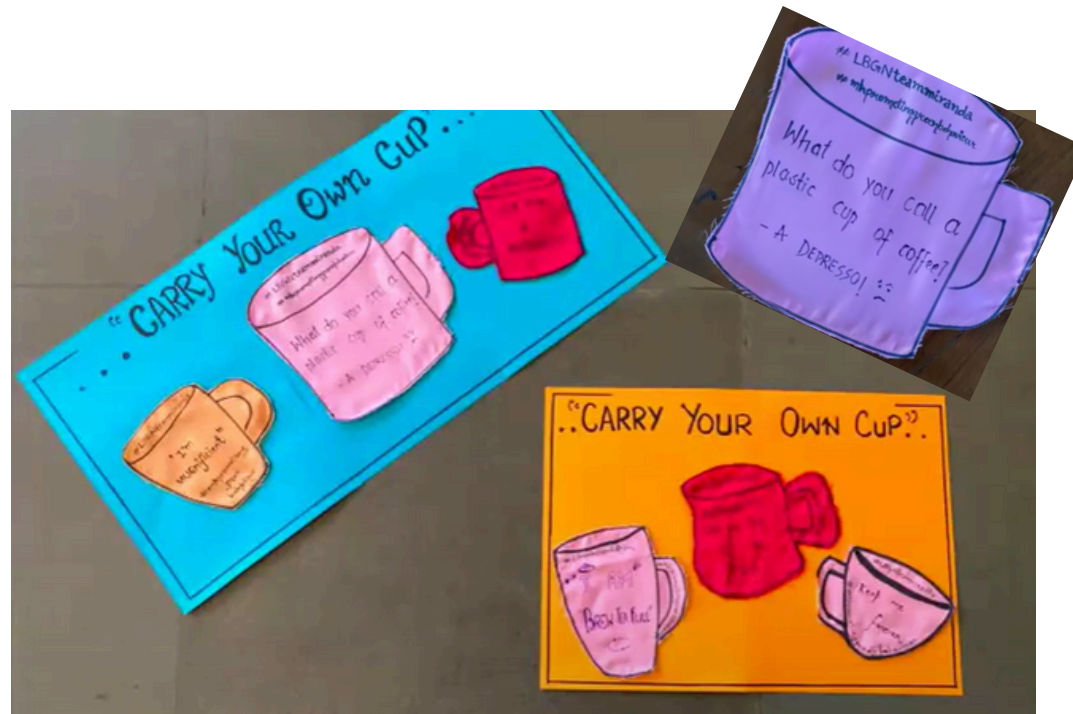
When a university makes plant-based food the default dish, it nudges students towards environmentally-friendly diets. These “**green nudges**” are positive and gentle persuasions to influence behaviours on campus and to instil environmental values that can last a lifetime.



Plant Based Universities campaign by **students across the UK** demanding a transition to 100% plant-based catering. Students have held stalls, dropped banners, raised motions, organised media articles and held debates to raise awareness and attract support of plant-based menus.



# Food actions:



Notice boards for Awareness Campaigns: eco-friendly materials are used for the notice boards around campus at **University of Delhi**, such as promoting the use of students' own cups instead of plastic cups.



Half-Plate and Full Plate concept: Students at **Indraprastha Women's College** can select a half-plate or full-plate from university facilities, depending on their need, reducing food wastage.

# Food actions:

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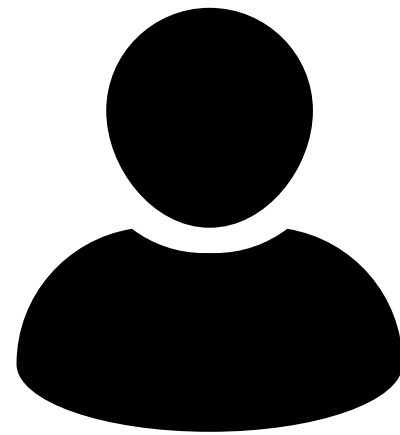
Student Ambassador at **Government Dungar College India** helped establish gardens growing nutritious food at schools and campuses



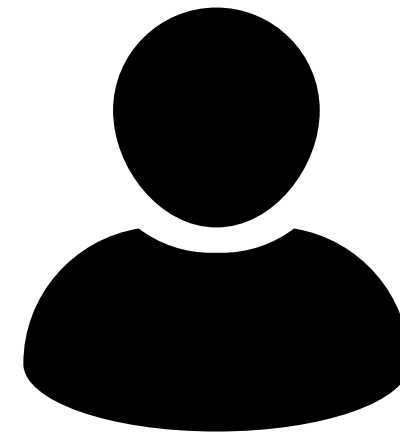
Student Ambassador at **University of Ottawa, Canada** applied for funds to establish a pollinator garden featuring fruit bushes



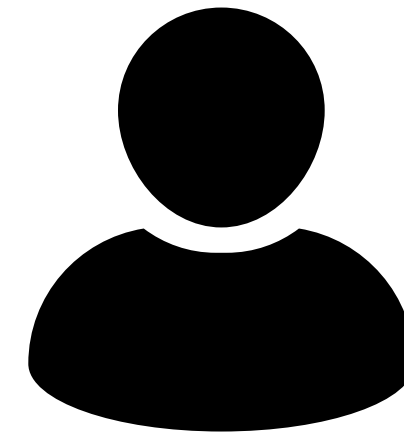
# Sharing experiences of food actions on campus



Saptarshi Paul,  
Student Ambassador  
Independent  
University, Bangladesh



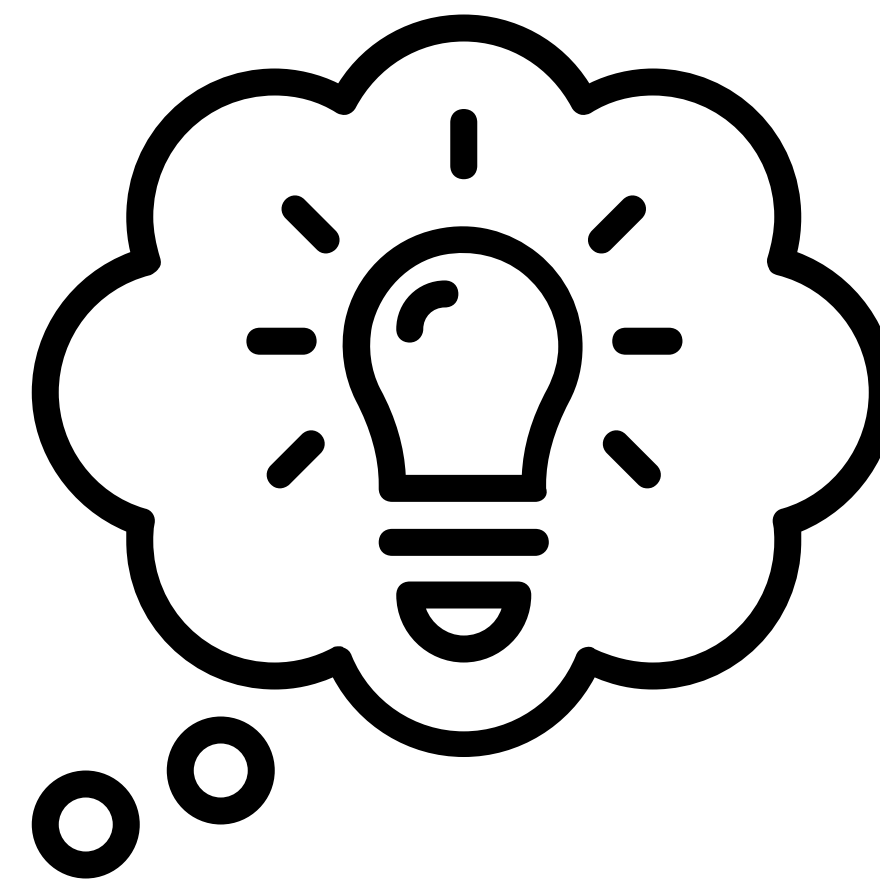
Éilish Farrelly,  
Masters Student  
University of Oxford,  
UK



Hurairah Faatimah  
Muzammil,  
Student Ambassador  
Ajman University,  
UAE

q u e s t i o n s

Share  
your  
Thoughts





# Workshop 4 Actions:

This month's task is flexible: we'd like you to explore any food initiatives already happening at your institution or think about what you could work on - some ideas:

- a. Share a picture of a plant based meal from your culture or institution
- b. Explore the impacts of food through a calculator:  
<https://www.earthday.org/foodprints-calculators/>
- c. Explore and share with us any sustainable food initiatives at your institution
- d. Think through practical steps towards planning a food action such as:
  - i. Explore food-growing on campus, especially fruit and nut trees
  - ii. Tackling food waste, eg portion sizes, pre-ordering meals, composting
  - iii. Campaigning for more plant based food options or defaults

# Other opportunities:



NPU Social media team - volunteering opportunity

- Graphic design
- Content creator

Date for applications: **5th April 2025**



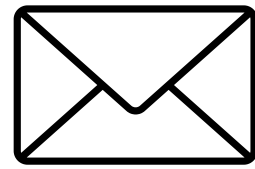
City Nature Challenge - collaborative exercise

- Matching up NPU Pledged universities with
- Participating cities

<https://www.citynaturechallenge.org/participating-cities>



# Next steps:



Look out for our email next week! We will email with a link to download the following:

- **A copy of these slides**
- **A recording of this session to watch back**
- **Toolkit 4: Sustainable food**
- **Workbook Form 4: Sustainable food**



Continue to check WhatsApp group: share your ideas and actions or ask advice from your peers!



Reminder - next workshop dates and topics:

- **April 25th: Waste and resource use**
- **May 30th: Advocacy & community engagement**







# NATURE POSITIVE —UNIVERSITIES—

#GenerationRestoration