



# Welcome to RUZ Hollen (Regional environmental educational centre)

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# Today's agenda

- Icebreaker game & Bingo
- RUZ presentation
- Facts about food and cooking
- Prepare & eat lunch together
- Walk through RUZ insect garden



# Eco Center Hollen



# Eco Center Hollen

- We're...
  - ... an extracurricular educational institution for the promotion of education for sustainable development (ESD)
- Target group: School classes from Delmenhorst and the district Oldenburg;
- Hosts 700 groups of pupils each year;
- offer course program with a focus on forests and nature, nutrition and agriculture, energy saving and natural sciences



# Eco Center Hollen

- course program with a focus on forests and nature, nutrition and agriculture, energy saving and natural sciences



# Eco Center Hollen

- Each course is evaluated by the participating teachers. It is very important to us that the children, teachers and accompanying persons have a great day full of knowledge and experiences with us.



# Eco Center Hollen

- Latest developments/projects



Die Hamburger Hallig in Nordfriesland (23.05.2024)  
5,00 €



Sensen und andere Mähetechniken (01.06.2024)



Bäume verstehen (06.06.2024)  
25,00 €



Vogelstimmen im Garten (09.06.2024)  
5,00 €



Kochkurs: Alles aus dem Garten mit der regioVHS (11.06.2024)



Insektenbestimmungskurs für Anfänger und Fortgeschrittene (15.06.2024)



# Facts about food and cooking 😊



# 7 aspects of a sustainable nutrition

- enjoyable
- plant-based
- ecologically
- regional and seasonal
- lightly processed
- fair trade
- resource-saving



# Food and environmental issues

For example...

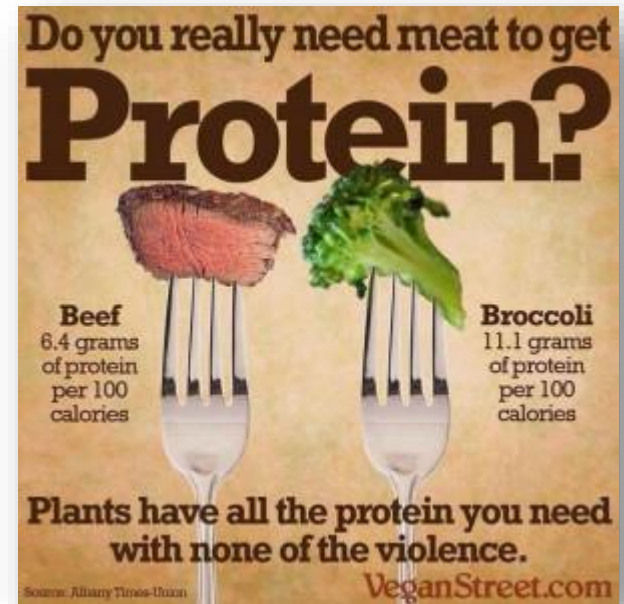
If you want to eat a hamburger...



You need meat, cheese, tomatoes,  
lettuce...

# Why is meat a problem?

- Consumption of meat is globally rising (roughly doubled over 50yrs).
- Production has largest impact on land and climate out of all foods.
  - High rate of carbon emissions
  - Reduces biodiversity
- 1 kg beef demands 16kg of animal feed (cereals, grass etc.)
- **Solution:** Reduce meat consumption.
  - make meat a treat – or go without it.



Meat and cheese come from animals.



The animals need to eat the grass from the land



Tomatoes and lettuce grow in fields



Then, the hamburgers are made in a factory



Finally, you go to the supermarket to buy the products.





# 1 BURGER = 2453 LITERS WATER

To produce 1 Burger it takes 2453 Liters of water. Especially beef needs lots. The water footprint shows how much water it takes to produce a burger.

1 roll  
(50 g) 35 liters

Roll production (Cultivation of cereals, grinding to flour, dough production)

1 slice lettuce  
(10 g) 2 liters

Lettuce cultivation

2 slices cheese  
(20 g) 100 liters

Milk production and processing

1 tablespoon mayonnaise  
(10 g) 60 liters

Cultivation (i.e. sunflower) and oil processing

2 slices of onion  
(10 g) 2 liters

Cultivation and production of onions

2 slices tomato  
(20 g) 1 liter

Tomato cultivation

2 slices pickled cucumbers  
(10 g) 2 liters

Cultivation of cucumber

1 x burger meat (150 g)  
2250 liter

Production of animal feed and the cow's water demand

1 tablespoon ketchup  
(10 g) 1 liter

Cultivation of tomatoes

122 liters per day

direct use of water per person in Germany (shower etc.)



5.288 liters

= daily water footprint per person in Germany

This footprint does not only consider the direct consumption of about 120 liters of water. It also considers the amount of water needed for the production of food and industrial products. This is called "virtual water".



# Food waste and loss

- UN Sustainable Development Goal 12  
Sustainable Consumption and Production:

**50% Global food waste reduction by 2030**

**The global Overshoot Day  
will move by 11 days.**



# Healthy diet

- A healthy diet is good for people's well being and for the climate.
- Healthy = less meat and more fruit, more vegetables and more grains.



# HOW DO I EAT MORE SUSTAINABLY?

## 8 STEPS TO A MORE SUSTAINABLE DIET:

CHOOSE LOCAL  
PRODUCE



EAT PLANT BASED  
FOODS



BUY WHAT'S IN  
SEASON



EAT A VARIED  
DIET



NUTRITIONAL  
INFORMATION



LOOK FOR SUSTAINABLE  
FOOD LABELS



KEEP FOOD WASTE TO  
A MINIMUM



BUY PACKAGING-FREE  
FRUIT & VEG



GROW YOUR OWN  
FOOD



# Summary

- Food waste, nutrition and climate are related and serious issues to save life on earth.
- We need to change our habits.
- Make a difference...  
...begin today.

