



THEME COMMONS

SUB-THEME:

Food Culture and Sovereignty

TITLE OF WORKSHOP

**Reducing meat consumption, a core degrowth
issue**



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SUSTAINABILITY AND ANTISPECIECISM: THE MISSING LINK IN THE CRITIQUE OF GROWTH

Arianna Ferrari, KIT/ITAS Germany

Paper Abstract

Antispeciecism: position that rejects speciecism.

1. Unjustified disadvantageous treatment of those classified as not belonging to a species.
2. Set of beliefs justifying oppression of sentient beings.

Critique to “sustainable” animal production: it covers practices of exploitation of animals: no freedom, no right to life, no sexual life, no respect to parental relationships.

Antispeciecism: animal liberation is human liberation, entanglements of oppression in food production systems: exploitation of resources \Rightarrow unfairness; food waste; no respect for sentient life: sentience is the basis for justice.

Veganism: a radical critique of growth must embrace antispeciecism.



THE MULTIFACETED CONSEQUENCES OF “MEAT” CONSUMPTION

Paola Segurini, Roberto Bennati, LAV Italy

Paper Abstract

The document aims to highlight all (or almost all) the impacts and the consequences of meat production and consumption. We need to change our eating habits in order to guarantee the future of the whole planet.

KEY WORDS: Meat, vegan, environment, factory farm, animal, change menu



DOUBLE PYRAMID AND ECONOMIC CONSIDERATIONS ON SUSTAINABLE DIETS

Sara Francesca Lisot, BCFN Italy

Paper Abstract

This document aims to offer a general introduction to the tradeoff between nutrition, health, diets and environment, following mainly the Double Pyramid approach started by BCFN in 2010. Taking Mediterranean diet as a sustainable diet reference model — as it is low in fats and meat consumption, whereas high in vegetables and whole cereals - it analyzes the environmental impact and economic costs of the above mentioned model, making comparisons with other dietary habits.

Keywords

Sustainable diets, environment preservation, health and nutrition, menu cost



TACKLED ISSUES:

- Changing the perception of meat consumption.
- The cycle of meat production.
- Western culture as a worldwide model: need to be best practice.
- Use of energy/resources and CO2 emissions in the process of meat production.
- Economic convenience/sustainability of veggie diet.
- Antispeciecism: a new way of considering nature.
- Need to talk about animal rights in the degrowth movement.



GIVEN ANSWERS:

1. The lack of B12 vitamine is not exclusive for vegan/vegetarian diet. In any case, for vegans and vegetarians doctors suggest to take synthetic integrators.
2. When calculating the impact of production of milky products the breeding of animals is not taken into consideration.
3. Meat consumption increased the incidence of some diseases across history.
4. There are no data yet comparing the cost of vegetarian and not vegetarian diet with an eye on the internalization of environmental costs.

UNANSWERED QUESTIONS, MESSAGES & COMMENTS:

1. Which strategies to have an influence on European and national policies?
2. Where is the frontier between eatable and non eatable beings?
3. Which is the incidence of the effort of vegetarians in a general context of demographic growth?
4. Nutritional aspects of a veggie diet ...