

Suskes/Keswick St John Church Study Day

**Tuesday 4 July 2017**

# **Sustainable diets:**

***Eating that's Good News for the Earth***

*Led by*

**Pamela Mason**

(Co-author of *Sustainable Diets: how ecological nutrition can transform consumption and the food system*, Routledge 2017)

2.30-5.30 pm Afternoon Workshop: A sustainable dinner plate for the future?

6.00 pm Shared Meal (local, sustainable, healthy)

7.30-9.30 pm Evening Talk: What's up with food and how can we make it better?

**Venue:** Keswick St John Church  
Ambleside Road, Keswick CA12 4DD

**Cost:** Workshop £2.50, Meal £5.00, Talk £2.50  
(£7.50 for all three)

Workshop and Talk open to all

**Booking for meal essential:** contact Revd Dr Julie Nelson,  
41 Blencathra Street, Keswick CA12 4HX, 017687 80221  
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**Pamela Mason:** began her professional life as a community pharmacist in the North of England, moving in 1978 to North Wales where she bought and ran her own pharmacy for the next five years. During that time she became interested in food and nutrition, mainly as a result of the questions customers were asking about their diets. When her husband began training for ministry in the church, they moved to London where Pamela studied for an MSc and PhD in nutrition at King's College. This was followed by work as an editor and journalist at the Royal Pharmaceutical Society, and in the training department at the National Pharmacy Association. In 1994 she became a freelance writer and consultant in both pharmacy and nutrition. Fast forward 20 years and she moved back to Wales, this time to a village in North Monmouthshire where her husband was appointed as rector. Living in a rural area and a tightly knit community drew Pamela into many conversations about food and farming and the realisation that food was much more than nutrition. The next step was a Masters degree in food policy at City University, London, a transformative experience, which took her deep into the workings of the food system and its impact on health, the environment, social justice and economics. The experience was so profound that she decided to write a book about sustainable diets which Professor Tim Lang from City University agreed to co-author. *Sustainable Diets: how ecological nutrition can transform consumption and the food system* was published by Routledge in March 2017.

#### **Afternoon Workshop: A Sustainable Dinner Plate for the Future?**

The workshop will explore what is meant by a sustainable diet, what we are eating now, why that is a problem and what we could do to change things. What in practical terms would a sustainable diet look like? How different would it be from how we eat now? What would be the challenges in changing our diets? How would we shop? How would we cook? And how would our overall food system change if our diets became more sustainable? The workshop will be illustrated by thinking about the content of our dinner plates and how they might look in the future.

#### **Evening Talk: What's up with food and how can we make it better?**

In some ways Western food consumers have never had it so good or so bad. The world is producing more food than ever before, but many of our citizens are forced to use food banks. And how we eat is now undermining our health and the health of our planet. Diet is now the biggest source of premature death in the world. We have more obese and overweight people than people who are hungry. Animal production is responsible for a third of all of agriculture's greenhouse gas emissions and food is a major source of degradation of water, soil and biodiversity. 87% of global fish stocks are over-exploited or fully-exploited. Global food waste, despite rising awareness, continues to be out of control. Food is the biggest employer on the planet, yet is too often characterised by low wages. Of the £200bn we spend on food each year, less than 10% goes to farmers. We need a new eating culture and diets need to be transformed. So, what does a healthy sustainable diet look like for the 21<sup>st</sup> century?

