



## Balangaw: The Climate Justice Tour Rainbow Warrior Ship Tour 2018 Greenpeace Southeast Asia - Philippine Leg

### ***Diet for Climate on the Rainbow Warrior Ship Tour***

#### ***Why shift to a plant-based diet?***

The Food and Nutrition Research Institute( FNRI) noted the decline in the fruits and vegetable intake and the increase in meat and eggs consumption of the Filipinos. A diet low in fruits and vegetables or fiber is characteristic of an unhealthy diet which leads to poor nutrition and is one of the significant risk factors for a range of chronic diseases. Combined per capita consumption of fruits and vegetables of Filipinos is 155 grams, as opposed to the 400 grams per day recommendation of the World Food Health Organization [1].

A survey conducted by the Social Weather Stations in June 2017 revealed that the largest proportion of Filipinos (46%) eats meat a few times a week [2].

Urbanization, associated with an increasing westernized food habits, even the global appeal of processed and fast food chains and convenient stores offering quick meals are among the reasons for the shift in the eating habits of the Filipinos.

This change in eating preference affects not only the health of the Filipinos but also the health of the environment. It also has a negative impact on the livelihood of the farmers and the country's agricultural system as a whole.

Unfortunately, for a country highly vulnerable to the impact of climate change, this shift in eating habit contributes to increasing industrial livestock production which in turn leads to increasing greenhouse gas (GHG) emission. Livestock is one of the major sources of GHG emission in the Philippines' agriculture sector, second only to rice. In the 1994 GHG inventory, total emission from domestic livestock accounted for 32% of the country's total GHG emission [3].

#### ***Diet for Climate***

Promoting healthy diets will increase the market for healthy food that would eventually lead to an increase in the demand for ecologically produced food thus supporting local farmers and producers.

As a measure for climate change mitigation, the production of fruits and field-grown vegetables generates relatively low GHG emissions.

Healthy diet which promotes consumption of adequate amounts of fruits and vegetables, along with sustainable agriculture is, therefore, of prime importance to reducing GHG emissions and protecting the environment.

Greenpeace's "Diet for Climate" project will come into play with the ship tour; it will show the connection of the food we eat, of the choices we make when preparing our meals, and how it



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contributes to climate change. It will also highlight best practices and solutions and show ways on how people can participate.

We want our young parents to buy and cook more ecologically produced fruits and vegetables to help mitigate climate change and to improve the health of their families. We also call on schools and policymakers in concerned government offices to rethink the current food systems in their respective units and come up with appropriate measures.

**PART 1: MORNING PROGRAM**

Time	Activity	Who
9:30AM – 10AM	Registration of AM participants	LGUs, government agencies, Peoples Food Movement, partners and guests
10:00AM –11:30AM	<p><b>Ship Ahoy: Diet for Climate!</b></p> <p>Welcome Message  <b>RW Captain</b></p> <p>Opening Message  <b>Mr. Yeb Sano</b>  Greenpeace Executive Director</p> <p>Acknowledgement of Guests  <b>Ms. Amalie Obusan</b>  <b>Greenpeace Country Director</b></p> <p>Eating for Health, Eating for the environment: Diet for Climate  <b>Ms. Virginia Benosa-Llorin</b>  Food and Ecological Agriculture Campaigner</p> <p>Filipino Food Consumption Data  <b>Dir. Mario Capanzana</b>  Food and Nutrition Research Institute</p> <p>Reactions  Peoples' Food Movement and other Partners</p>	
11:30AM – 1:00PM	Healthy and Sustainable Lunch	
1:00PM – 2:00PM	Exclusive tour of the Rainbow Warrior	



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**PART 2: AFTERNOON PROGRAM**

<b>Time</b>	<b>Activity</b>	<b>Who</b>
2:00 PM – 2:30PM	Registration of PM guests	Media, food bloggers, school kids
2:30 PM - 4:00 PM	Healthy Eats and Treats: Storytelling and cooking demonstration with input from FNRI	RW Chef Daniel Chef Giney Villar and Ms. Love Anover
4:00 - 5:00 PM	Exclusive tour of the Rainbow Warrior	Media, food bloggers, school kids

[1] National Nutrition Council 2017 Nutrition Month Talking Points

[2] Social Weather Stations Survey, June 2017

[3] p.79, <http://climate.emb.gov.ph/wp-content/uploads/2016/06/GHG-Manual.pdf>

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