

Humane Standards and Vegan Options

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Introduction

The Global Food Initiative (GFI) addresses food insecurity and food justice by funding grass-root student projects who's methods could be adopted Nationwide. My project had two parts—creating the first methodology that quantifies number of animals and carbon footprint of animals, and creating a coalition between student, staff, and faculty to promote veganism on campus.

There are many reasons to change a diet towards a more plant-based one. The three main reasons are environmental, health, and animal welfare. Vegan diets produce significantly less carbon emissions (1) associated with better health (2) and reduce animal suffering. For these reasons, I choose to focus my project on topics addressing veganism

Project Goals

1. Published Methodology

During the 2017-2018 academic year I worked with my fellow student and faculty members on publishing the first methodology that compares quantity of mayonnaise to animals impacted and environmental impact. This methodology was used in assessing the sustainable impact the Ucen Dining made when switching their Mayonnaise towards a plant based option.

2. Collaboration:

Created the *Better Practices Coalition* where student, staff, and faculty can collaborate and create projects in order to promote plant-based diets and change our community's opinion for the better

Materials and Methods

Methodology

1. Sourced Alternative Product
2. Collaborated with Professor Cleveland
3. Analyzing and Researching Life Cycle
4. Establishing New Methodology

Sourced Alternative Product: In fall of 2016, I reached out to the company *Just Mayo*, a vegan mayo company, connected them with Jordano's, and a purchasing code was established. We now use this mayonnaise in University Dining Facilities.

Collaborated with Professor Cleveland: By the end of spring quarter 2017, I realized that there was no methodology for scientifically calculating the impact of the mayo switch. I reached out to Dr. Cleveland and asked if he wanted to do research together.

Analyzing and Researching Life Cycle: The first steps in creating a methodology was figuring out the life cycle of chickens. The value of one egg needed to be assessed based on the life cycle of laying hen production. USDA Data base, poultry science, and pub med were used.

Establishing New Methodology: The methodology is almost accomplished. The value of one egg takes in account two generations: 1st generation laying fertilized eggs and the 2nd generation laying table eggs. The methodology analyzes the number of lives necessary for one table egg to reach market .

Collaboration

1. Networking
2. Establishing goals of coalition
3. Building Relationships and Leadership

Networking: There were a lot of groups on campus who shared the same goals, yet they did not collaborate with each other. I reached out to a few organizations and asked if they wanted to create coalition together. Each group knew about another club, and by the end of the year the coalition had 8 student groups.

Establishing Goals: Each organization had different goals and view points about veganism/vegetarianism. Since some groups are more radical than other, it was necessary to establish the purpose of the coalition where everyone could agree on. This process took awhile since the coalition was very new and unique to everyone.

Building Relationships and Leadership: If we wanted to increase vegan consumptions on campus, it was crucial to create strong relationships with the various dining staff. These relationships took a long time to build (over a year in some cases). In order to insure the longevity of the coalition, a new coordinator needed to be appointed. I prepared a google folder with all the contact information and logistical information in order for a smooth transition to the new position. This folder can be easily edited by each appointed coordinator.

Results and Outcomes

Methodology

- The life cycle assessment involves the following elements: number of fertilized eggs laid by one hen, number of table eggs laid by one hen, mortality rate, impact on male fertilized eggs, and average life span
- This methodology is in the progress. We hope to submit the paper to an academic journal by September.

Collaboration

- By Spring of 2018, eight different student organizations, four faculty members, and the University and Residential Dining are collaborating and/or members of the Better Practices Coalition
- The coalition hosted a vegan tasting of the University Dining meals and participated in various festivals and dining tours.



Conclusions

The published methodology serves as a standard to measure the animal and environmental impact of switching to plant-based food options. Using this tool and collaborating between student, staff, and faculty can effectively change the campus opinion towards a more positive view on veganism and decrease animal suffering and carbon impact.

Future Goals

I would like to continue my work in animal activism during my gap years prior to medical school. I hope to continue researching life cycles of various animals and publish a second methodology analyzing the environmental and animal impact of animal products. .

Literature Cited

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