

Diet for a Green Planet

BERAS - India

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Diet for a Green Planet - concept

- ✓ Tasty, attractive, **balanced** and healthy
- ✓ Organically produced
- ✓ Locally produced
- ✓ Seasonal
- ✓ **Reduced waste**
- ✓ **20% meat**

Bangalore Steiner School – a case study

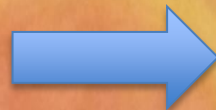
- ✓ 4 + year old school
- ✓ 120 + students from Prep (kindergarten) to 7th grade
- ✓ Classrooms spread over 0.5 hectare campus in multiple tents
- ✓ Lack of common dining area
- ✓ Varied cultural background of students

Sourcing



Local

Seasonal



Preparation



Preparation contd.



Distribution



Consumption



Consumption - contd



Next Steps

- ✓ Initiate similar programs in a mainstream schools
- ✓ Increase purchase of fresh produce from local farmers by starting a food co-op
- ✓ Handbook of regional recipes





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