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Eating Sustainably

November 25, 2020

Sustainability

- Def = Refusing to compromise the flourishing of future generations for the benefit of the current generation.
- Special Case of the General Moral Principle: It is wrong to compromise the flourishing of some for the benefit of a few.

Barriers to Eating Sustainably

- Lack of Transparency within the Food System
- Paradoxes of the Food System
 - Paradox of Choice
 - Paradox of Control
 - Paradox of Cheapness
- Conceptual Blinder: Reducing your conception of the relationship with food to that between an eater and the items eaten.

Canada's Food Guide: Based on A Reductivist Conception

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice



Choose
whole grain
foods

Solution:

Seeing Through the Plate

- Start seeing more in your relationship with your foodstuff; start seeing the....
 - **Faces** of those impacted by your food choices.
 - **Hands** through which your food has passed.
 - **Communities** in which your foods were produced and processed.
 - **Environments** in which your food was grown.

Want to Learn More

- Western Sustainability: [Sustainable Food](#)
- Hospitality Services [Sustainability Action Plan 2020-21](#)
- [Middlesex London Food Policy Council](#)
- [Philosophy 2082: Introduction to the Philosophy of Food](#) (to be offered Fall 2021)

Thank you / Merci

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