



Sustainability Perspectives

Changing the Way America Eats: The Challenges and Potential of Plant Forward Dining

Taylor Reid, assistant professor of Applied Food Studies at the Culinary Institute of America, will explain that the land use footprint, water footprint, and carbon footprint of meat production raise significant questions about the sustainability of meat heavy diets as we approach a population of 10 billion by 2050. While the number of vegetarians and vegans in the U.S. population has grown significantly in recent years, these remain niche eating styles at present. Research shows, however, that nearly half of Americans aspire to eat less meat in some way. This presentation explores the data around consumer preferences for plant forward dining, innovations and strategies for transitioning to more plant forward cuisines, and the challenges and opportunities inherent in moving the American diet toward healthier and more sustainable options.



March 29, 2021 12:30 – 1:30PM

Virtual event: **Zoom #: 879 0600 3689** *passcode: 411419*

All *Sustainability Perspectives* series events are free and open to the public.
The series explores the concept of 'sustainability' from a variety of viewpoints.

Wells is committed to providing access to all events; anyone needing assistance should contact Marian Brown, Center for Sustainability and the Environment, at 315-364-3304 or by email at mbrown@wells.edu, as soon as possible.



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