

# How to Source Ingredients More Sustainably

**Goal:** Understand the environmental impacts of agricultural products to make sustainable ingredient choices in your bakery.

## Environmental Impacts of Agriculture

### Land Use



- Unsustainable farming practices damage soil health, reducing the ability to grow crops over time (FAO, 2021)
- Expanding farmland leads to deforestation and biodiversity loss (Crippa et al., 2021)

### Freshwater Use



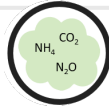
- Agriculture accounts for 70% of global freshwater withdrawals
- Unsustainable water use increases the risk of water shortages worldwide (FAO, 2021)

### Eutrophication



- Fertilizers from agriculture contribute to 78% of water pollution
- Runoff from fields triggers harmful algal blooms, damaging ecosystems (Poore & Nemecek, 2018)

### Greenhouse Gas (GHG) Emissions



- The food system generates 1/3 of global GHG emissions, with agricultural land use and land-use changes contributing 71% (Crippa et al., 2021)

### Climate Change



- Rising temperatures, shifting precipitation patterns, and extreme weather reduce crop yields, leading to increased irrigation, fertilizer use, and land clearing (Yang et al., 2024)

## Strategies for Sustainable Sourcing

- Build relationships with local farmers and suppliers who prioritize transparency
- Ask questions about the environmental impacts of their agricultural practices, such as land use, water use, pesticides, fertilizers, and ecosystem effects
- Be cautious of greenwashing – choose ingredients with verified sustainable practices
- Do research to find ingredients that align with your sustainability goals and are practical for your bakery, using resources like [Our World in Data](#)

### References

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