

Environmental Conservation and Why It's Needed

By William Francis Stoltzfus

Environmental conservation is especially important right now. In this article, I will tell you about some of the reasons that we really need environmental conservation and how we can help. I will also let you know how everyday choices (like what type of food we eat) can be very important to the environment. For example, using self-powered machines, like bikes and scooters, to get around ease air pollution.

Usually, people don't really think about what type of restaurant they're eating at or what type of food they're getting. That sort of carelessness can make environmental pollution even worse. For instance, the pesticides on conventional food kill both beneficial and harmful insects. Pesticides destroy all sorts of insects, including native bees that pollinate 80% of our flowers¹. Even killing harmful insects can disrupt the ecosystem and extract them from the life flow of the universe.

Another harmful choice is getting food from far away. Lots of restaurants and grocery stores have food from other countries, and even other continents. In our culture, not too many people notice if their food is from New Zealand, China, or Chile. When people get food from distant places, the transport creates a lot of greenhouse gases and environmental pollution. Greenhouse gases are harmful and accelerate climate change. Going to the farmer's market is a great way to buy locally grown food as well as participating in Community Supported Agriculture (CSA).

Fast food is another type of food that is bad for the environment. An unfortunate part of our culture is the popularity of fast food. Nearly half of people in the United States aged 20–39 consume fast food². The food used by fast food restaurants is usually from far away, conventional ingredients, and unhealthy animals that contribute directly to climate change and environmental pollution. Fast food is also very bad for your health³. The meat and dairy

¹ *Ranger Rick Magazine*

² Cheryl D. Fryar, Jeffery P. Hughes, Kirsten A. Herrick, and Namanjeet Ahluwalia, "Fast Food Consumption Among Adults in the United States, 2013–2016," (National Center for Health Statistics (NCHS) Data Brief No. 322, October 2018).

³ *Ibid.*

products used in fast food usually come from Confined Animal Feeding Operations (CAFOs). CAFOs are very bad for the environment and human health. Waste from CAFOs cause lots of water pollution. CAFOs generate a large quantity of greenhouse gases as well as other air pollution⁴. Some ways you can help are to be vegan, eat organic, or choose grassfed beef over conventional beef.

We still have a long way to go, but we are aspiring for a greener future. Scientists are wondering how we can get to a time when there will be very little air or water pollution. After reading this essay, I hope you will agree that environmental conservation is very important and that everyday choices matter.

⁴ *"Why are CAFOs bad?" (Sierra Club Michigan Chapter).*