



## Regenerative practices for people and planet

<b>Idea 34</b>	Agricultural advances to create sustainable, environmentally-friendly, and healthy food
<b>Proposal 34a</b>	Research the ecological, economic, and health benefits of pasture-based-and-grass-finished meats.
<b>Description</b>	<b>Research the ecological, economic, and health benefits of pasture-based-and-grass-finished meats.</b> Recognize the difference that management practices make in the nutrition and climatic impact of meat production systems
<b>How will the proposed action advance equitable health and well-being?</b>	Current research often asserts fruit and vegetables as the means to health and wellness and meat consumption as anti-health and wellness. Often, “red meat” is presented as a single category of food, ignoring the distinct ecological, economic, and human health advantages of 100% grass-finished meats over hidden costs of conventional industrial meat production. Research detailing the benefits of consuming pasture-based and grass-finished livestock can give consumers, health advisors, and farmers better information with which to make decisions.
<b>Is there work we can build on?</b>	<p>Health benefits of grass-fed/finished meat:</p> <ul style="list-style-type: none"> <li>• <a href="#">Effects of winter stocker growth rate and finishing system on: III. Tissue proximate, fatty acid, vitamin, and cholesterol content</a></li> <li>• <a href="#">A review of fatty acid profiles and antioxidant content in grass-fed and grain-fed beef</a></li> <li>• <a href="#">American Grass-fed: Understanding Factors Affecting Meat Quality</a></li> <li>• <a href="#">What is grass-fed beef good for?</a></li> <li>• <a href="#">Eat Wild: Health Benefits for Grass-fed Products</a></li> </ul> <p>Economic benefits of grass-fed/finished systems:</p> <ul style="list-style-type: none"> <li>• <a href="#">Back to Grass: The Market Potential for US Grass-fed Beef</a></li> <li>• <a href="#">Scaling Up Pastured Livestock Production: Benchmarks for getting the most out of feed and land</a></li> <li>• <a href="#">Beefing Up Appalachia</a></li> </ul> <p>Environmental benefits of grass-fed/finished systems:</p> <ul style="list-style-type: none"> <li>• <a href="#">NPR: Is grass-fed beef really better for the planet?</a></li> <li>• <a href="#">Carbon Footprint Evaluation of Regenerative Grazing at White Oak Pastures</a></li> <li>• <a href="#">Cows are not killing the climate</a></li> <li>• <a href="#">Land Stewardship Project: Carbon Farming</a></li> <li>• <a href="#">FAO Report: Livestock’s Long Shadow</a></li> <li>• <a href="#">Beef Rules</a></li> </ul>



	<ul style="list-style-type: none"> <li>• <a href="#">Belching Cows and Endless Feedlots: Fixing Cattle’s Climate Issues</a></li> <li>• <a href="#">Ecosystem Impacts and Productive Capacity of a Multi-Species Pastured Livestock System</a></li> </ul>
<p><b>Who would have to act? Who would be key partners?</b></p>	<p>USDA and state departments of agriculture            Research Universities (for example, <a href="#">MSU Center for Regional Food Systems</a>, <a href="#">OSU Initiative for Food and AgriCultural Transformation</a>, <a href="#">Johns Hopkins Center for a Livable Future</a>)            Non-profits (for example, <a href="#">Carbon Sponge</a>, <a href="#">Project Drawdown</a>, <a href="#">Wallace Center Pasture Project</a>)            Ecological and farming organizations            Food policy and environmental groups            Regenerative farmers and ranchers            Funding organizations, foundations, and philanthropists</p>
<p><b>A few high-level action steps</b></p>	<ol style="list-style-type: none"> <li>1. Provide more funding for research and education of pasture-based livestock production within existing channels (USDA-NRCS, SARE, state departments of agriculture)</li> <li>2. Begin new and coordinate existing non-university/non-federal funded programs for farmer-led research</li> <li>3. Identify/create/connect regenerative farmers and ranchers on a national level through a national database</li> </ol>
<p><b>Other comments or guidance</b></p>	<p>This research could also inform incentives for specific management practices, and public campaigns exposing the ‘true cost’ of food.</p>