

# Dairy might cause heart disease?

Califia Farms all vegan products are both tasty and sustainable!

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## INTRODUCTION

Could the dairy products we've been consuming for years be doing more harm than good? Research has uncovered alarming connections between dairy consumption and heart disease, breast cancer, and an intolerance to dairy that affects a significant portion of the global population. It's time to consider an alternative. Enter Califia Farms, a company revolutionizing the dairy industry by offering delicious and environmentally friendly plant-based milk alternatives. Discover the reasons why going dairy-free may be the best choice for your health and the planet.

### **Why dairy free?**

In the last few years skepticism around dairy products has become more common. There have been many articles written about the concerns on dairy and the connection that have been made between heart and vascular diseases, and the consumption of dairy products. In an article from the Physicians Committee the connection has been researched and presented. Dairy products contain a high level of saturated fat, which have shown to have a clear connection to heart disease. Data obtained from the National Cancer Institute, The National Institute of Health, the World Cancer Research Fund and published by the Physicians Committee have shown that the amount of dairy products consumed has a significant connection with breast cancer. The list goes on, but maybe the most remarkable thing about it all is this: According to the National Institution of Health, around 65% of the world's population have an intolerance to dairy products. There are more people intolerant to dairy than not. Put that together with it leading to a variety of heart and vascular diseases and it may look like everyone is intolerant. It is actually quite logical. How many species other than humans, drink other species's milk? Luckily this does not mean that you must quit cereal in the mornings or milk in the coffee. It means that it might be time to consider plant-based products. Califia Farms produce quality plant-based milk of all sorts, tastes amazing and benefits the environment.

### **The climate friendly approach**

Benefits the environment? Yes, what makes Califia Farms different from other suppliers except for their quality products and great taste is their innovative climate friendly approach. In their 2022 sustainability report Califia Farms has presented a full overview of their progress through the years and the current situation. We can start looking at their goals.

These are the goals Califia Farms have set regarding the climate. Sustainability is a general term and can be divided into many categories for example circular economy and different climate solutions as done in this case.

## Circular economy

Circular economy is an economical model with its purpose of minimizing waste and maximizing exploitation of materials. To fulfill the requirements of a circular economy, materials would have to be used to its maximum potential and at the same time being profitable for further implementation. The results of their Materiality Assessment show that in 2021, packaging had the biggest impact on the footprint of Califia Farms. In 2022 they did an isolated assessment to see how they had been able to improve the footprint of their packaging, which they had. Going from 2021 to 2022, the recycled content of the operations went from 12% to 17%. The percentage of renewable content went from 54% to 55% and the recyclable content went from 97% to 99%. Furthermore, over the last 4 years, Califia Farms have drastically decreased their use of plastic resulting in 2.9 MM pounds of plastic being saved. Smaller caps and bottles produced onsite made this possible. Just to make sure, the packaging being used in transportation has also been through changes, saving 217 tons of fiber in just one year. The barista blend products served in cartons have also been improved, both carton and cap, and is now 83% biobased. Finally, Califia Farms have had a special focus on the life of their materials, with huge improvement since 2020. Going from 2020 to 2022, the recycling of materials went from 850,000 pounds to almost 3 MM pounds. Almost four times as much! Their landfill went down from 1.3 MM pounds to under 800,000 pounds, and reusing of products went from 0 to 1.5 MM pounds. These drastic improvements have resulted in their landfill diversion going from 39%, to an astonishing 84%! Looking back at their goals for a circular economy, Califia Farms are on a good path.

### OUR COMMITMENT ▾

**Improve the circularity of our packaging and target zero waste at our Bakersfield, California manufacturing facility.**

#### TARGETS

- **Achieve 100% recyclable packaging by 2030**
- **Use 100% recycled polyethylene terephthalate (PET) in our bottles by 2030**
- **Achieve zero waste at our Bakersfield, California manufacturing facility by 2023<sup>19</sup>**

### OUR COMMITMENT ▾

**Reduce our GHG emissions throughout our supply chain and use renewable energy in our manufacturing.**

#### TARGETS

- **42% reduction in Scope 1 & 2 over 2020**
- **Significant reduction in Scope 3 GHG emissions by 2030.**

## Climate Solutions

Califia Farms divided sustainability into two parts, climate solutions being the other. This means focusing on reducing the emissions of CO<sub>2</sub> and other gasses heating up our atmosphere, also known as the greenhouse gasses. The food-industry has a big contribution to the greenhouse effect, in various ways given its size. We can split the industry into three groups for a better understanding of where the big emissions are located.

First, we have the direct emissions from the company. This means their own activity with their own resources. In the 2022 sustainability report, Califia Farms shared that only 4% of the total emissions of their products came from direct emissions. Furthermore, 3% of their total emissions came from group number two, purchased electricity. The two most controllable types of emissions stand for only 7% of the total discharge, meaning that they have been exceptionally good at minimizing the emissions of the main activity of the product. For example, they have a very sustainable transportation system, with 17 of 19 vehicles being electric. They are also in partnership with e-Mission Control, a company who creates and provides data products and services to help fleet operators manage their electricity consumption and achieve their goals, in this case zero emission. This partnership has made it possible to track their emissions and minimize it, resulting in the saving of 459 metric tons of CO<sub>2</sub>e emissions on electric vehicles. Califia Farms is also one of few partners with Zira, a company that has installed a system that measures the use of energy. This makes it possible to see if energy is being wasted, and Zira estimates a 20% reduction in electricity within 2025 using their system.

The rest of the total emissions comes from indirect sources and stands for 93%. This means emissions that occur as a result of activities of a company, without being directly produced by them. Apart from purchased electricity, this includes heat, purchased goods and services, travel and transportation, packaging, waste management and so on. To avoid unnecessary indirect emissions, Califia farms have optimized their transportation routes avoiding almost 1.800 metric tons of CO<sub>2</sub>e in 2022. Since 2021, over 100 mtCO<sub>2</sub>e have been avoided due to the use of plastic made from sugarcane. 7,5 mtCO<sub>2</sub>e have been avoided since 2020 from waste management. Making the bottles on site has been estimated to save 1.5 mtCO<sub>2</sub>e in 2022, because the transportation of empty bottles will no longer be necessary, and lastly, the packaging used in transportation has gotten lighter, saving 5.6 mtCO<sub>2</sub>e since 2019.

## Summary

In addition to offering an array of tasty plant-based milk alternatives, Califia Farms stands out from other suppliers with its innovative and climate-friendly approach. The company's commitment to sustainability is evident in their 2022 sustainability report, which outlines their progress and current initiatives. Califia Farms focuses on two key areas: circular economy and climate solutions. By prioritizing waste reduction and minimizing emissions, they are implementing strategies that not only benefit the environment but also contribute to a healthier future. With their dedication to providing quality products that are both good for you and the planet, Califia Farms has become a leader in the dairy-free industry.

## Sources

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