

Sarah Lake: redesigning our diet to save our health, economy, and planet

Sarah Lake is a leader of climate change solutions for agriculture emissions with an extensive track record working on protein transition, diet shifts and deforestation-free supply chains.

Prior to Tilt Collective, Sarah co-founded Madre Brava, a science-based advocacy organisation working to elevate protein transition as a critical climate solution and helped unlock hundreds of millions of dollars in climate funding for meat reduction strategies.

Earlier in her career she worked at WRI where she helped design the first science-based target for land-use, and co-led Trase in partnership with the Stockholm Environment Institute.

She has a PhD in Economic Sociology where her research focused on the environment and social harms of livestock supply chains.



Sarah Lake

CEO, Tilt Collective

By diversifying production towards sustainable and nutritious foods - focusing on whole, plant-rich and minimally processed foods -we stand to make enormous strides towards improving public health, reducing future climate impacts, and supporting producer livelihoods. This kind of transformation is possible - the food system has changed dramatically before, and with the right investment, it can change again.

Share one practice, tool or approach you have tested that delivers real results. Why would you recommend it?

A key principle of our approach at Tilt Collective is that there cannot be a one-size-fits-all model for agriculture and food. Food is cultural, political, and very locally defined.

What is a key challenge you are tackling right now, and what are you doing concretely to move the needle?

A key challenge is that our food system is not working: it's not working for producers who earn less and less each year, while facing the very real impacts of climate change and corporate consolidation in the agriculture sector. The food system is also not working for consumers who are experiencing rising food costs, limited access to fresh foods, and unprecedented rates of diet-related disease and malnutrition.

Tilt Collective is working to rebalance our food system towards a more sustainable, healthy, and just approach.

As we work to build a better food system, the definition of 'better' must be determined by local stakeholders, with strategies that are co-created by local organizations and communities, not imposed from the outside. Tilt Collective's country directors work very closely with stakeholders across the system, from farmers to civil society groups to researchers.

As a result, our strategies not only have greater local support, but also reflect the lived realities of those in the food and agriculture system, and advance solutions best suited to address these challenges.

What very concrete issue in agriculture is most on your mind at the moment, and why?

The status quo is untenable - change will happen whether we like it or not, from mounting water scarcity to climate driven yield losses to farmers losing their livelihoods, and the key question is whether we can proactively steward it towards a more sustainable, healthy, and just system.

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From the Video: "The Hidden Forces Behind Your Food Choices | Sarah Lake | TED" by TED