

OUR FOCUS ON SUSTAINABILITY

Cobram
Estate®



Why focus on sustainability?

Food and agriculture have a direct impact on the environment, with food producing roughly one quarter of global greenhouse gas emissions and using 70% of the world's fresh water supplies^{1,2}. As a food and agriculture business, we strive to continually improve our methods to be more sustainable.

We aspire to lead extra virgin olive oil farming into a sustainable future for planetary health by giving more people access to nutritional benefits that only authentic, sustainable, and high-quality extra virgin olive oil can provide, so they can eat delicious, healthier and more sustainable diets.

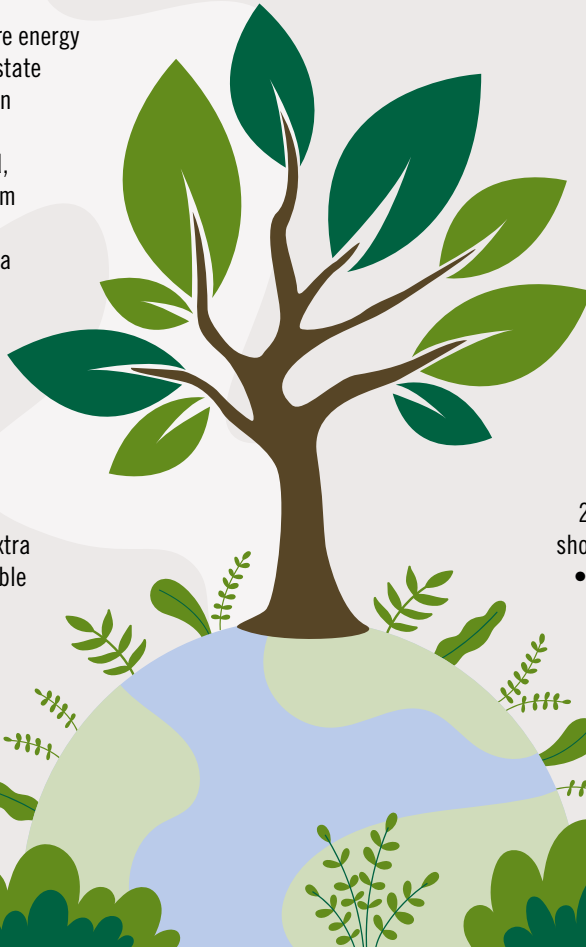
Better than carbon neutral

- We have modified our production to be more energy efficient so that manufacturing Cobram Estate extra virgin olive oil has a positive effect on our planet.
- For every 1L of Cobram Estate oil produced, a net value of 4kg of CO₂-e is removed from the atmosphere.
- This means, in 2021 our production of extra virgin olive oil reduced Victoria's carbon footprint by 64,200 tonnes of CO₂-e.

Working towards zero waste

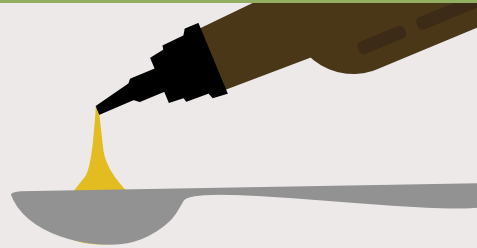
Only less than 0.5% of our outputs end up in landfill. We do this by:

- Using the crushed olive pit from making extra virgin olive oil (EVOO) as a form of renewable biofuel.
- Utilising pruned branches as mulch for our trees.
- Converting olive tree leaves into commercial teas and supplements.
- Left-over olive pulp from our processing is composted and used as an organic fertiliser for our trees, or for stock feed.



Dietary patterns

- The food we eat impacts the climate, and healthy eating recommendations now need to consider sustainability principles.
 - Extra virgin olive oil fits within the healthy and sustainable eating pattern devised by the EAT Lancet review in 2019.
- This reference diet recommends 20-80g of unsaturated fat daily³, which is equivalent to 2-3TB of extra virgin olive oil, a similar amount shown by the literature to provide health benefits.
- The Mediterranean Diet, which includes extra virgin olive oil as the main source of fat, has also been hailed as an example of a realistic sustainable dietary pattern for Australians, with one study stating it has the greatest potential for improving sustainability of diets due to both its impact on the environment and its acceptability within the Australian population⁴.



Biodiversity

- In partnership with the National Heritage trust, we developed a wetland which helps protect the Murray River and provides a home for native wildlife.
- After planting and preserving the native plants throughout our groves, we now have 2,000 hectares of native Australian wildlife throughout our properties.
- We have partnered with the Victorian Malleefowl Recovery Group to help protect this threatened species, as the Malleefowl bird lives close to our groves.



Water use

- Unlike some other cooking oils, extra virgin olive oil is an evergreen perennial crop, and is a highly efficient user of water
 - Olive trees are relatively drought resistant, and can survive low water conditions.

For more information on our work in sustainability head to <https://cobramestate.com.au/sustainability>

References

1. Poore J, Nemecek T. Reducing food's environmental impacts through producers and consumers. *Science*. 2018 Jun 1; 360 (6392): 987-992. DOI: 10.1126/science.aag0216
2. (2011). The state of the world's land and water resources for food and agriculture (SOLAW) – Managing systems at risk. Food and Agriculture Organization of the United Nations, Rome and Earthscan, London
3. EAT LANCET: Willet, W et al. Food in the Anthropocene: the EAT-Lancet Commission on healthy diets from sustainable food systems. *Lancet* 2019; 393: 447-92
4. Allenden, Nicole & Hine, Donald & Craig, Belinda & Cowie, Annette & McGreevy, Paul & Lykins, Amy. What should we eat? Realistic solutions for reducing our food footprint. *Sustain. Prod. Consum.* 2022 Jul, 32: 541-49. <https://doi.org/10.1016/j.spc.2022.05.008>