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Title

Can Mindful Eating Contribute to Sustainable Consumption Behaviors in an Individual?

Abstract

From our increasing population comes increasing demands upon all aspects of our food systems, increasing the need for sustainable behavioral changes from individual and their consumption. This paper proposes a simple individual change of mindful eating which could offer the needed change to inculcate sustainable consumption behaviors in a world of a growing population and a growing need for sustainability. Preliminary research was conducted to investigate mindful eating's opportunities and shortcoming as well as research of the need for sustainable consumption and factors already found to contribute to sustainable behaviors. Research on mindful eating is limited to health-related fields with mixed results. Research on contributions to sustainable behavior has not included mindful eating. Our research finds a gap in the knowledge directly linking mindful eating to sustainable consumption behavior. The implications of these results give forward momentum to looking into the potential for mindful eating to influence sustainable consumption behavior through avenues such as survey analysis.