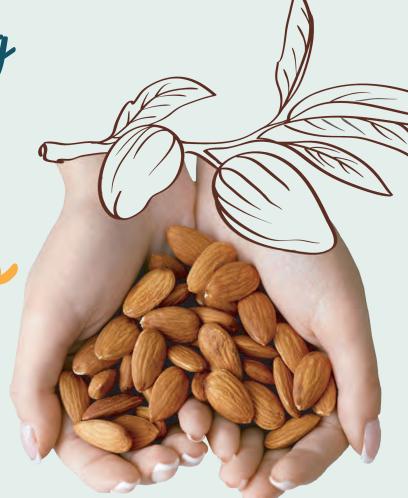
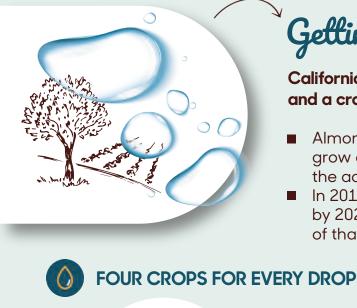
Here's everything you get with a handful of almond

Almonds offer many benefits – from health and nutrition to contributing to climate solutions, zero waste and a range of regenerative agriculture practices. Almonds fit into simple, sustainable lifestyles as a responsibly grown food and ingredient.





Getting the most out of every drop California almonds are a responsibly grown, zero-waste food and a crop whose water is responsibly managed.

Almond farmers have reduced the amount of water used to grow each pound of almonds by 33% since the 1990s, through

- the adoption of water saving technology such as drip irrigation.¹ In 2018, they set a goal of an additional 20% reduction of water by 2025 and, as of 2022, had already achieved three-quarters
 - of that goal.2

Water used to grow almonds actually grows four products: the kernel you eat, which grows in a shell, protected by a hull, on a tree that is typically productive



be transformed to electricity or ground up to feed the soil at the end of their lives.



for 20-25 years.

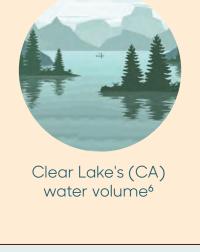
acres and saves the equivalent of 440 billion gallons of water.³ That's equal to:



Hulls for dairy feed can replace alfalfa hay pound to pound up to 20% in feed formulation. This reduces the acreage needed to grow alfalfa hay by 386,000









emissions and environmental impact.

no till farming create regenerative systems and build back biodiversity.

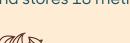
Climate smart farming and biodiversity

When you look at carbon stored in all the almond trees growing in California in 2022 (1.63 million acres), this equates to 30 million metric tons of stored carbon.⁷ This is equivalent

to the annual emissions of:

Practices like whole orchard recycling, cover crops, and





2.48



and stores 18 metric tons of carbon annually 7 - each one equal to removing 15 cars from the road each year.8



ALMONDS HAVE A LOW CARBON FOOTPRINT Almonds have a **lower carbon footprint than many other foods.** LAMB & MUTTON 33.3



TOFU 3.16 MILK 3.15

12.31

Based on the UC Davis LCA, this is where **TOMATOES** 2.09 almonds fit versus other foods. Almonds have OTHER PULSES



Farms that use whole orchard recycling sequester 2.4 tons of carbon per acre,¹¹ equivalent to living car-free for a year.¹³

32%

Composting adds carbon back into the soil and over 30% of orchards have added compost since 2019.12

Water holding organic matter capacity

Whole orchard recycling helps farmers too, increasing¹¹:

Soil

by



Cover crops are important

management and insect

had cover crops in 2021,

biodiversity. 40% of orchards

almost half a million acres.12

California is only 1 of 5

for soil quality, pest

by



of almond farms are Bee

Friendly certified through

the Pollinator Partnership.

This represents 86% of all

Bee-Friendly certified U.S.

Did you know?

California's growing environment

farms.14

Mediterranean climates on earth, is one of the most regulated in essential to growing almonds. the world, with strict laws protecting the environment, worker and food safety.

California almond farmers

There are 7,600 almond farmers

in California: 90% are family

farms, and 70% of orchards are 100 acres or less.15

Orchard

cumulative

yield over

5 years by



19%

are on track to increase the use of environmentally friendly pest management practices by 25% by 2025.2



a more efficient way to consume certain nutrients.

4.8 times as much quinoa

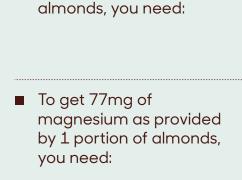
an ounce (28g) of almonds to the same weight of other

popular recommended foods reveals where almonds may be

Nutrition and a long shelf life Ounce for ounce, almonds are the tree nut highest in protein, fiber, calcium, vitamin E, riboflavin, and niacin.16 Comparing

2.3 times as many chickpeas

12.5 times as much spinach



To get 6 grams of protein

as provided by 1 portion of almonds, you need:

To get 50% of the daily

provided by 1 portion of

value of vitamin E as

16.9 times as much cooked asparagus



To get 13g of good unsaturated fats as provided by 1 portion of almonds, you need:

3.9 times as much avocado

3.8 times as much cooked

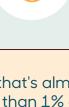
black beans



To get 13% of daily fiber as provided by 1 portion of almonds, you need:

5.7 times as many bananas

13.3 times as much raw pineapple



America throws away nearly 60 million tons of food every year- that's almost 40% of the entire U.S food supply.¹⁷ Almonds are a shelf stable food. Less than 1% of almonds are thrown out in the home and they can last up to two years in your pantry.¹⁸



California almonds are a low carbon, low waste and water-efficient ingredient that consumers crave and you can feel good about.

9 Reuters. Boeing jets emissions data highlights industry's green challenge. April 2021. Assumes industry average 25-year operable lifespan. 10 A scalable and spatiotemporally resolved agricultural life cycle assessment of California almonds Elias Marvinney, Alissa Kendall ¹¹ Emad Jahanzad, et al. Orchard recycling improves climate change adaptation and mitigation potential of almond production systems. PLoS ONE. March 2020 ¹² California Almond Stewardship Platform, 2022 13 Seth Wynes, et al. The climate mitigation gap: education and government recommendations miss the most effective individual actions. Environmental Research Letters.

http://www.ars.usda.gov/ba/bhnrc/ndl. ¹⁷ USDA Economic Research Service ¹⁸ United States Department of Agriculture

² CASP Almond Orchard 2025 Goals MidPoint, SureHarvest, November 2022

¹⁴ Pollinator Partnership ¹⁵ United States Department of Agriculture. 2017 Census of Agriculture. 16 U.S. Department of Agriculture, Agricultural Research Service, USDA National Nutrient Database for Standard Reference, Release 28, 2015:

¹ University of California, 2010. Food and Agriculture Organization of the United Nations, 2012. Almond Board of California, 1990-94, 2000-14. ³ UC Davis Department of Agricultural and Resource Economics, 2020 Sample Cost Study Alfalfa Hay and Organic Alfalfa Hay ⁴ Phinizy Center for Water Sciences, 2023. An Olympic size swimming pool holds about 660,000 gallons ⁵ Environmental Protection Agency. How We Use Water, 2023. The average US household uses 109,500 gallons annually. Lake Lubbers, 2023. Clear Lake's water volume is 1.16 million acre-feet or 376 billion gallons. ⁷ California Air Resources Board. An Inventory of Ecosystem Carbon in California's Natural & Working Lands. 2018 Edition (Updated 2020), p. 41 ⁸ U.S. Environmental Protection Agency. Greenhouse Gas Equivalencies Calculator. July 2023.