



Capgemini CARES Presents: You Can Compost That?!

Capgemini's CARES ERG (Sustainability group; CSC) is hosting a composting webinar with special guest Sarah Ku. Sarah is a PhD candidate at Georgia State for International Business & Marketing, with an emphasis on waste management & sustainable businesses.

During this webinar Sarah will be presenting on how to compost and the impact it has, as well as providing information from her thesis to discuss about how insects can play a critical role in the composting process.

For the teams meeting and more information, please sign up for the event on MyCSR, link attached above. If you have any questions please reach out to jake.silverstein@capgemini.com

Some facts about composting



Enriches soil, helping retain moisture and suppress plant diseases and pests.

Reduces the need for chemical fertilizers.

Encourages the production of beneficial bacteria and fungi that break down organic matter to create humus, a rich nutrient-filled material.

Reduces methane emissions from landfills and lowers your carbon footprint.

Some facts about insects



The main nutritious parts of edible insects are protein and fat, followed by fiber, minerals and vitamins. Most edible insects contain satisfactory amounts of protein, while meeting amino acid requirements for humans.

The protein content of edible insects varies from 13-81% of dry matter.

The fat content of edible insects varies from 2 to 77% of dry matter.

Many edible insects are high in monounsaturated and/or polyunsaturated fatty acids (PUFA), where total PUFA content may be up to 70% of total fatty acids.