

FOOD MILES

Q1) Go to <http://www.foodmiles.com/> and input the data to find how many km products have travelled (this will be an approximate)

Name of product: Banana Chips

Place of purchase: Australia (MK Spices)

Place of production (place of origin): India



This product has travelled approximately 10,357 kilometres to reach Australia.

Q2) Choose 5 products from your pantry / fridge or freezer that are made overseas – you will need to find **place of origin** on each packet. Using the website above, calculate the total Km travelled for each product and how many kg of CO₂ was created if the products travelled by aeroplane. Fill in your data in the table.

Product Name	Total Km travelled	Total CO ₂ by aeroplane
1 Dried Fig	14,500	3244 kg CO ₂
2 Sliced Jalapenos	10,357	2317 kg CO ₂
3 Dates	12,813	2867 kg CO ₂
4 Mixed Vegetables	2,319	519 kg CO ₂
5 Green Chilli	10,357	2317 kg CO ₂

Food Miles Calculator

Step 1: Where are you?

Your Location

Step 2: Where has your food come from...?

Have a look on the packaging to see where abouts the product has come from and then simply select it from the list below.

Country

Step 3: What are you tracking?

If you want to let us know what you think add your comments here!

Food Item:

Evaluation Questions:

Q 1) - What is the best way to get people thinking about reducing their food print? (Food print is everything it takes to get your food from the farm to the plate)

Posters around supermarkets or flyers delivered to houses or put on walls informing everyone about the impact of their food print. A survey of what a person eats in a day every few months or year and give them a copy of the results and show them what their food print could have an impact on.

Q 2) – Research and list 5 different ways you can reduce food waste at home and shop, eat and use food in a sustainable manner.

Never buy extra food. Buy local and seasonal ingredients. Buy things that don't have a plastic packaging. Always recycle the correct things. Try to reduce buying plastic products, such as plastic bottles and buy metal or glass bottles.

Q3) - What are the benefits of shopping with a list?

You won't waste food by buying only the things you need. Your shopping will be done faster. You will save a lot of money. And you can even lose weight by buying healthy foods and not buying non-sustainable foods.

Q4) Why should we buy local, seasonal ingredients?

We should buy local and seasonal foods to support our local farmers and this way we can reduce our carbon foot print and food print because if we buy seasonal ingredients, we won't have to buy ingredients that come from overseas by aeroplane which produces greenhouse gases and pollutes the earth.

Q5) Why should I buy food in smaller amounts?

You should buy food in smaller amounts so you don't waste extra food. Unless you live really far from the closest market/grocery store, you should only buy food the in smaller amounts and how much you know you will use. If all the type of food you bought is finished, you can run over to the grocery store and buy some more. This way food won't sit in your pantry, counter, fridge or freezer and slowly rot and spoil. Instead, it could be used in someone else's cooking. You can also do this by shopping with a list.

By Sara 9C