

# MY MAD

# MAKE A DIFFERENCE

## FOOD PRINT

Using your chosen food item, answer the following questions to determine if your food item is climate friendly.

Where does the food come from (e.g. is it from another province or country, was it purchased or made locally)?



Draw a picture of your food item or glue a wrapper here:

How is the food packaged?



How many kilometers away did the food travel to get to you?

km

What resources do you need to produce this food item (e.g. land, water, oil, food, etc.)?

What are the main ingredients?



Would this item have been processed?

What else do you notice about this food that affects its climate friendliness?

Is there anything unique or significant about the food item (e.g. fair-trade, local)?



Do you think this food is climate friendly (Circle)?

Why?

YES NO

Find your "foodprint" at [www.coolfoodscampaign.org](http://www.coolfoodscampaign.org). Record how each of the following activities makes global warming better or worse:

Eating food grown organically (without pesticides): \_\_\_\_\_

Buying a product made from an animal (meat, dairy, leather, fur, etc.): \_\_\_\_\_

Eating food that has been processed in a large factory: \_\_\_\_\_

Consuming food that has been transported to you from a faraway country: \_\_\_\_\_

Buying food contained in lots of packaging: \_\_\_\_\_

# FOOD FOR THOUGHT

- Food miles is the distance food travels from the farm to your plate. Energy is used to grow, pack and transport food.
- Energy is even used to go to the shops by car!
- Lots of food is grown in Ireland, but food is also brought here from other countries around the world.
- It is better for the environment to buy food that is grown nearby.
- Fruit and vegetables have a growing season and are harvested at a certain time of year. For example, Irish strawberries, grown outdoors, will be ripe in summer.
- During winter some fruit and vegetables are grown in **heated greenhouses**. This uses energy, so it's better to choose food that is 'in season'.
- Most foods have packaging, some food have too much packaging.
- Plastic packaging is made from oil, a fossil fuel. Energy is used to make the packaging, wrap the food, and transport it from the factory, to the shop and to your home.
- Plastic packaging emits greenhouse gases when it breakdowns, adding to the climate crises.
- Each of us is throwing out about **80 kg** of food waste each year (*the same weight as a baby elephant!*).
- The average Irish household may be throwing out between **€400 – €1,000** worth of food each year!
- The foods thrown out most often include salad, bread, fruit and vegetables.
- While food waste from brown bins is composted, a lot of food still ends up in the dump.
- It takes even more energy to transport and treat this waste.
- Rotting food in dumps can cause pollution.

## Become a **MAD** **MAKE A DIFFERENCE** Food Advocate

- Think before you buy - choose locally grown food that is in season.
- Try to buy certified organic food.
- Try to buy what you need when you need it and store your food properly.
- Choose products with least packaging.
- Educate others about buy foods grown closer to their homes
- Ask your local shop or market to post the miles a food has travelled to reach it - (can you help make signs?)
- Advocate for local produce to be used in your school's cafeteria
- Find out about your local farmers markets.
- Talk to your local greengrocer, butcher and fishmonger. Find out where their produce comes from.
- Create a school garden where you and your friends can grow your own fruit and vegetables to eat.
- Grow some of your own fruit and vegetables at home.
- Write a cookbook of meals made from Earth-friendly foods, and photocopy on reused paper to share with others or put it on-line.
- Get composting!

MY **MAD** Ideas -