



Tree of a Kind

Big Steps Little Minds

Energise the **C**urriculum with an **I**nfusion of
Science.

Sustain **S**ustainability
&

Educate **E**arly!



Food Miles

How reducing food miles can have a dramatic effect on reducing carbon dioxide emissions.

Food Choices

◦ There are many reason why the food we eat adds to climate change.

◦ Food
◦ packaging

◦ Processed
◦ foods

◦ Out of town
◦ shopping

Climate change and the food you eat



on a journey before it reaches your plate.

and then sold and this all causes carbon dioxide emissions to be released
to 17% of all the carbon dioxide you are responsible for.



What is a Carbon Footprint?

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- It tells you the amount of carbon dioxide you are responsible for making

How to reduce your food miles

Eat foods produced near where you live



- CO2

Grow your own foods



- CO2

- Eat foods that
- are in season



Choose foods that don't have packaging



- CO2



- CO2

Eat locally produced foods



There is less carbon dioxide released from lorries and trucks as the food is local and doesn't



- It is your choice
- Choose UK fruit that has been stored, or fruit that has travelled the shortest distance
- Look for vegetables that are grown in the UK in the winter

Eat seasonal foods

fruits and vegetables a day! However Ireland's climate is not suitable for many fruit and veget

tho



er foreign countries.





Grow your own foods!

- If you have a garden then you can grow your own fruit and vegetables.
- Not only is growing your own vegetables free and easy its also so much fun!
- Just buy some seeds from your local shop and get growing!



How can you reduce packaging



amount of packaging possible! (remember local food requires less packaging)

ways to reuse plastic bags: you can try use a bag that is made of

