

Energise the Curriculum with an Infusion of Science.

Sustain Sustainability

8

Educate Early!



Food Miles

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



Food Choices

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

Foodpackaging

Processedfoods

Out of town shopping

Climate change and the food you eat



n a journey before it reaches your plate.

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

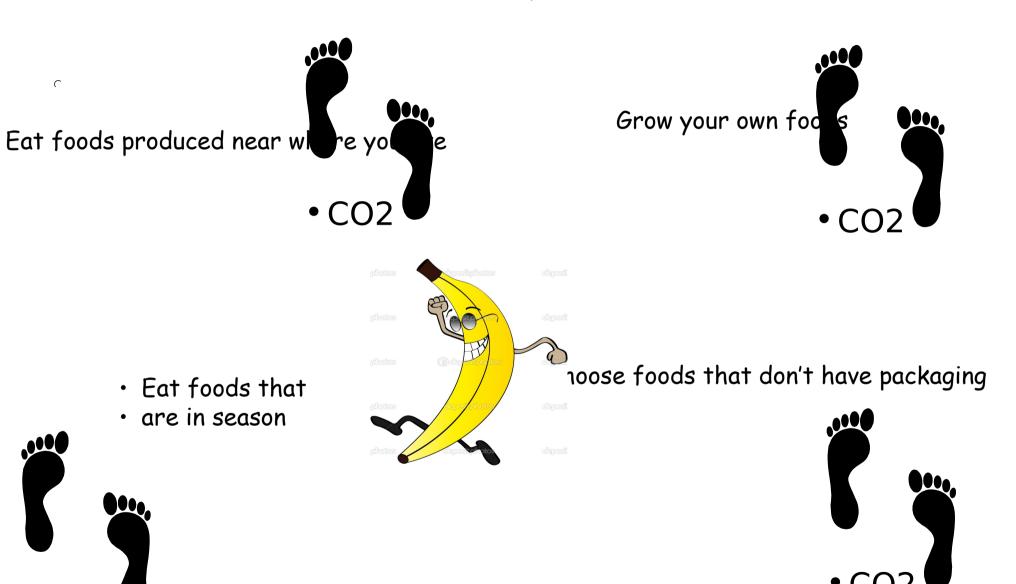


What is a Carbon Footprint?

•

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

How to reduce your food miles



Eat locally produced foods



t 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



er foreign countries.





Grow your own foods!

- ^c 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!
- ^c Just buy some seeds from your local shop and get growing!



How can you reduce packaging



ount of packaging possible! (remember local food requires less pa

y to reuse plastic bag



can try use a bag that is made o