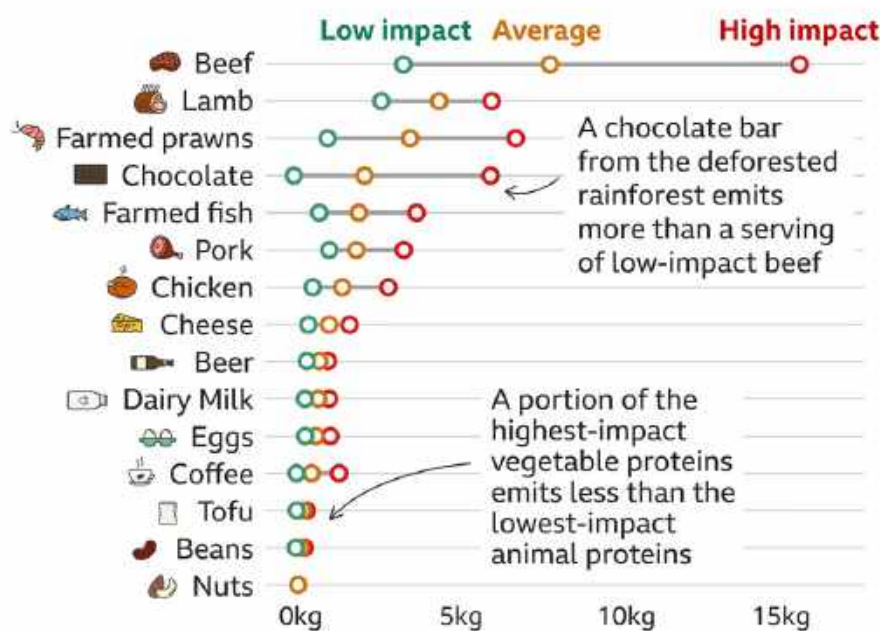




GROWING INTO ECO-CONSCIOUS ADULTS

Climate change food calculator

Kilograms of greenhouse gas emissions per serving



Sustainability Toolkit

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<https://geaeducation.eu>



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1 Introduction to Climate change food calculator and URL

This calculator, developed by the BBC, allows you to calculate the greenhouse gases that are emitted by the production of your favourite foods.

<https://www.bbc.com/news/science-environment-46459714>

2 Classification

<i>Classification Tag</i>	Mark X if applies	Criteria
Purpose of tool		Water saving
		Energy saving
	X	Smart shopping / food planning
		Waste management
		Active transport and mobility
	X	Shrinking our carbon footprint
		Other
Purpose of tool Stages where it can be used	X	Awakening
	X	Understanding
	X	Enlightenment – Action
		Advocacy
		Evaluation
		Other
Language		Dutch
	X	English
		Estonian
		German
		Greek
		Italian
		Lithuanian
		Macedonian
		Other

3 Description

What is this tool about

This calculator aims at informing citizens about the impact their food has on the climate, from the perspective of greenhouse gases emissions, as they represent 26% of global greenhouse gases emissions.

For which purposes is it used

This tool can be used to raise awareness on the impact the foods we eat can have on the environment. It is additionally a good jumping off point for individual or collective actions aimed at reducing greenhouse gases emissions on a consumer level.

Limitations of the tool

This tool only takes into account greenhouse gas emissions and not other pollution factors (water, pesticides).

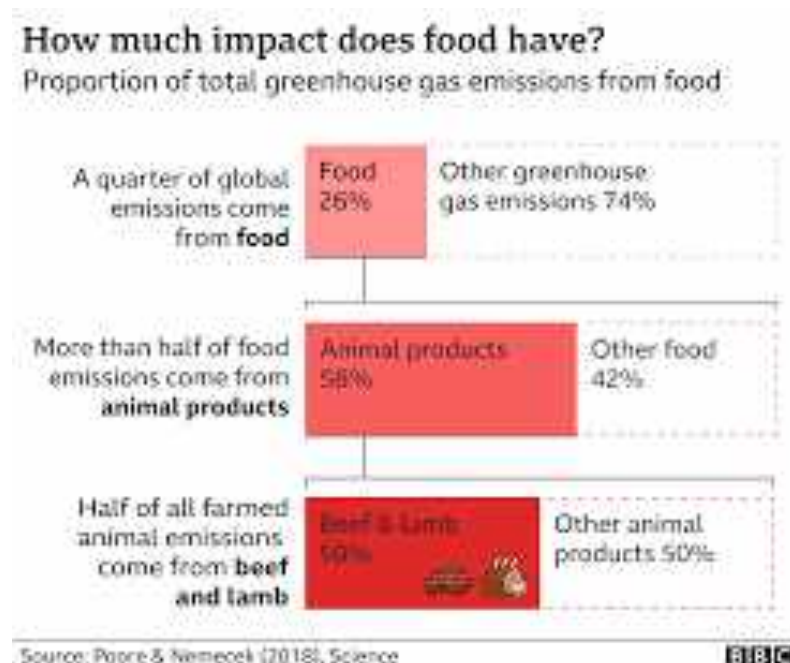


Image source: <https://www.bbc.co.uk/news/science-environment-46459714>

4 When and how to use this tool

- **Preparation:**

Brainstorm what foods you eat often, as well foods you would like to eat on a more regular basis.

- **Activity:**

Use the calculator to estimate how much greenhouse gases your usual diet emits, and experiment with it, trying to find alternatives to the foods that are the “worst offenders”.

- **Follow-up about what to do after use:**

After using the calculator, look up resources that go into more detail about the pollution created by what we eat, as well as resources on how to change your diet, if you want to.

5 Material needed

A mobile device with stable internet connection is sufficient to use the calculator. The tool is free of charge.

6 Other resources

Links:

Plant-based diet can fight climate change – UN <https://www.bbc.com/news/science-environment-49238749>

Calculate the environmental footprint of your food
<https://www.bbc.com/future/article/20210204-calculate-the-environmental-footprint-of-your-food>

The Biggest Lifestyle Changes You Can Make to Lower Your Carbon Footprint
<https://www.azocleantech.com/article.aspx?ArticleID=893>

Videos:

How to cut your food's climate footprint <https://www.bbc.com/reel/video/p099q7hc/how-to-cut-your-food-s-climate-footprint>

The food that is good for the planet <https://www.bbc.com/reel/video/p0b1vllly/the-food-that-is-good-for-the-planet>

