

# TAKING A HEALTHY BITE OUT OF CLIMATE CHANGE

## **Lunchbox Carbon Footprint Activity**

Use the scoring system below to compare the carbon footprint of the two example lunches.

### **Lunch A**

1. Can of fruit cocktail
2. Roast beef sandwich
3. Granola bar
4. Orange juice in a Tetra-pak

### **Lunch B**

1. Fresh,seasonal fruit or veggies
2. Cheese and veggies on a tortilla
3. Homemade oatmeal cookies
4. Milk/water in reusable bottle

In order to determine each lunch's footprint, use the following questions for each of the above items of food. On the scorecard write down the points in the appropriate column and add up the total.

1) **Processing:** How many ingredients are in this item?

7 or more – **10** points    4 to 6 ingredients – **5** pts    3 or less - **0** pts

2) **Food Miles/Distance:** How far did the ingredients travel?

Really far (from tropical countries) – **10** points    Sort of far – **5** pts    Local – **0** pts

3) **Packaging:** What kind of packaging does it have?

Disposable – **10** points    Recyclable – **5** pts    None or reusable – **0** pts

4) **Meat:** Does it contain meat?

Beef or lamb – **10** points    Pork or Chicken – **5** pts    None – **0** pts

5) **Organic:** Does it say "Certified Organic"?

No – **10**    Yes – **0** pts

Note: In Canada dairy products, eggs and chicken are controlled by provincial organizations and thus are considered "local".

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Category	Item	LUNCH A	LUNCH B
<b>PROCESSING</b>	Item 1		
	Item 2		
	Item 3		
	Item 4		
<b>FOOD MILES</b>	Item 1		
	Item 2		
	Item 3		
	Item 4		
<b>PACKAGING</b>	Item 1		
	Item 2		
	Item 3		
	Item 4		
<b>MEAT</b>	Item 1		
	Item 2		
	Item 3		
	Item 4		
<b>ORGANIC</b>	Item 1		
	Item 2		
	Item 3		
	Item 4		
<b>TOTAL:</b>			

The lunch with the **larger total score** has the **larger carbon footprint**.