

Food Miles

Food Miles is the distance food travels to get to our plates



Our food can come from all around the world.

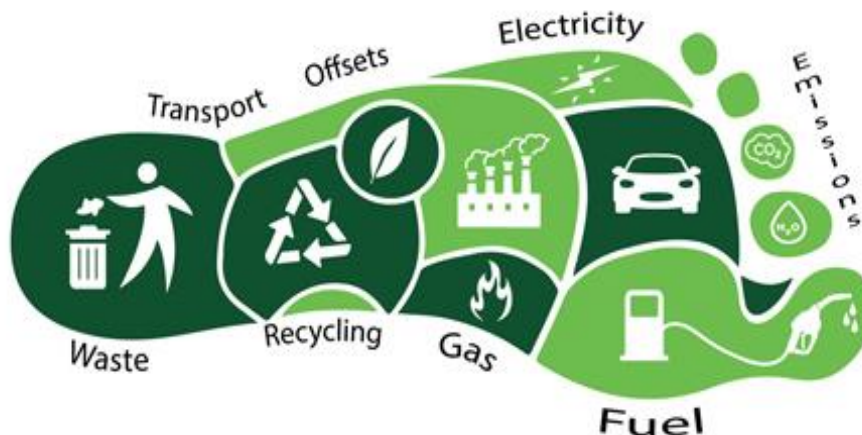
The total distance the food or its ingredients have travelled are called **FOOD MILES**.

Food miles helps us to see how much **CARBON DIOXIDE** has been produced by transporting the food



Some of our food has travelled **THOUSANDS OF MILES** to reach us, and that travel produces lots of **CARBON DIOXIDE**, which is causing our **CLIMATE TO CHANGE**.

Producing, packaging and selling food also causes carbon dioxide emissions



a **CARBON FOOTPRINT** tells you the amount of CO_2 you are responsible for making

Journey of Food

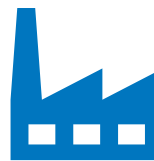
Farm

Where crops are grown, or animals reared



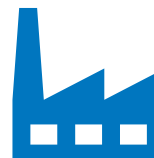
Factory

Where food is used in recipes and/or put in packaging



Warehouse

Where food is sorted and put into lorries/ship/aeroplane



Supermarket/Shop

Where food is sold



Your plate!



What can we do to
reduce our Food
Miles and our
carbon footprint ?



SHOP LOCAL

EAT IN SEASON

GROW YOUR OWN



SAY NO TO PLASTIC

STOP FOOD WASTE

SHOP LOCAL

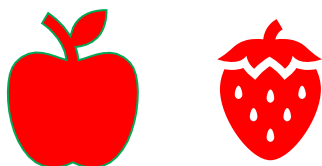
By shopping for local food you are **reducing** the distance that food travels to your plate



Look at packaging and labels to see where your food comes from.

EAT IN SEASON

Fruit and vegetables have **seasons**, which means a time of year in which they **naturally grow, ripen and are best eaten**.



GROW YOUR OWN

Eating fruits and vegetables **in season** is important in reducing carbon emissions as imported fruit and vegetables can have much lower carbon footprints than those grown locally out of season.



EAT IN SEASON



To discover when to buy, in season fruit and vegetable's using the 'Best in Season Calendar'.

Investigating Seasonal Fruit and Vegetables

Fruit													
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	
Apples : Cooking	From Storage	From Storage	From Storage	From Storage	From Storage	From Storage	From Storage	From Storage	From Storage	From Storage	From Storage	From Storage	
Apples : Eating	From Storage	From Storage	From Storage	From Storage	From Storage			In Season		From Storage	In Season	In Season	
Blackberries						In Season	In Season	In Season	In Season				
Blackcurrants						In Season							
Blueberries							In Season	In Season	In Season				
Gooseberries						In Season	In Season	In Season					
Loganberries							In Season						
Raspberries						In Season	In Season	In Season	In Season	In Season	In Season		
Strawberries					In Season	In Season	In Season	In Season	In Season	In Season	In Season		

Salads													
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	
Celery						In Season	In Season	In Season	In Season	In Season	In Season	In Season	
Courgettes						In Season	In Season	In Season	In Season	In Season			
Cucumbers				In Season	In Season	In Season	In Season	In Season	In Season	In Season			
Lettuce (Iceberg)					In Season	In Season	In Season	In Season	In Season	In Season			
Lettuce (Lollo Rosso)					In Season	In Season	In Season	In Season	In Season	In Season			
Lettuce (Red Oakleaf)					In Season	In Season	In Season	In Season	In Season	In Season			
Lettuce (Round)	From Storage	From Storage	From Storage	From Storage	From Storage	In Season	In Season	In Season	In Season	In Season	In Season	In Season	
Peppers				In Season	In Season	In Season	In Season	In Season	In Season	In Season	In Season		
Radish				In Season	In Season	In Season	In Season	In Season	In Season	In Season	In Season		
Scallions				In Season	In Season	In Season	In Season	In Season	In Season	In Season	In Season		
Tomatoes				In Season	In Season	In Season	In Season	In Season	In Season	In Season	In Season		

In Season
 Coming in or out of season
 From Storage

(<https://www.bordbia.ie/whats-in-season/best-in-season-calendar/>)

EAT IN SEASON



Investigating Seasonal Fruit and Vegetables

Vegetables												
Asparagus				APR	MAY	JUN	JUL					
Aubergines				APR	MAY	JUN	JUL	AUG	SEP			
Beetroot	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	
Broad Beans					MAY	JUN	JUL	AUG	SEP			
Broccoli (Green)					MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Broccoli (Purple Sprouting)	JAN	FEB	MAR	APR						OCT	NOV	DEC
Brussels Sprouts	JAN	FEB	MAR					AUG	SEP	OCT	NOV	DEC
Cabbage	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Carrots	JAN	FEB	MAR	APR		JUN	JUL	AUG	SEP	OCT	NOV	DEC
Cauliflower	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Celeraic	JAN	FEB	MAR						SEP	OCT	NOV	DEC
French Beans					MAY	JUN	JUL	AUG	SEP	OCT		
Kale	JAN	FEB	MAR	APR				AUG	SEP	OCT	NOV	DEC
Kohl-Rabi							JUL	AUG	SEP	OCT	NOV	
Leeks	JAN	FEB	MAR	APR				AUG	SEP	OCT	NOV	DEC
Mangetout						JUN	JUL	AUG	SEP	OCT		
Marrows							JUL	AUG	SEP	OCT	NOV	
Mushrooms	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Onions	JAN	FEB	MAR	APR	MAY		JUL	AUG	SEP	OCT	NOV	DEC
Pak Choi	JAN			APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Parsnips	JAN	FEB	MAR	APR			JUL	AUG	SEP	OCT	NOV	DEC
Peas						JUN	JUL	AUG	SEP	OCT		
Potatoes (Main Crop)	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Potatoes (New Season)					MAY			AUG				
Rhubarb			MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT		
Runner Beans						JUN				OCT		
Shallots					MAY				SEP			
Spinach				APR							NOV	
Swedes	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Sweetcorn												
Turnips	JAN	FEB	MAR		MAY							

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