

## Group Exercise

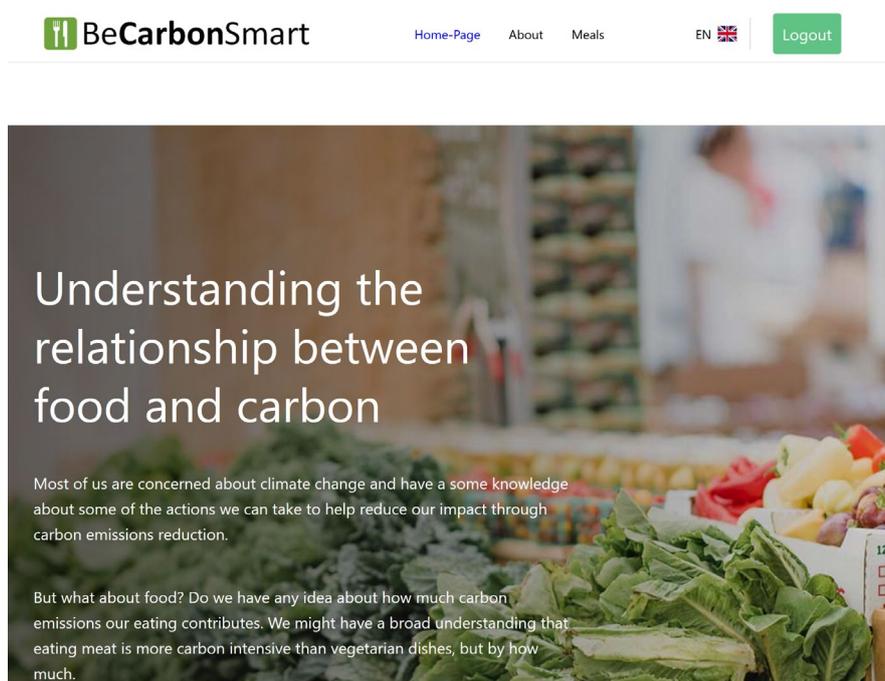
### Understanding the Environmental Impact of Food

#### Background

If you work in a tourism place that provides meals such as a restaurant or café, then this exercise will introduce you to the relationship between the food served and the carbon emissions contributing to global warming. Food is a resource and like any other resource, requires energy and materials to produce.

#### Approach

With a partner or other people, each should visit the website <https://www.becarbonsmart.org.uk>, a food calculator tool developed by Glasgow Caledonian University, a member of the Circle 2 team.



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## Understanding the relationship between food and carbon

Most of us are concerned about climate change and have a some knowledge about some of the actions we can take to help reduce our impact through carbon emissions reduction.

But what about food? Do we have any idea about how much carbon emissions our eating contributes. We might have a broad understanding that eating meat is more carbon intensive than vegetarian dishes, but by how much.

1. Register on the site for free. Although the site is in English, the requirements should be self explanatory.
2. Once you have completed the registration process choose to create a meal. You will find many recipes for different meals on the website, or you can choose your own. You may need to translate your chosen ingredients into English
3. The site has environmental data for a wide range of ingredients. If your ingredient is not there then choose something similar. Normally a meal would be for 4-6 persons, so use the quantities for the required number of people, but don't forget to put the number servings your meal will Create a free login account on the site.

The tool will provide a carbon footprint for your meal. For instance a carbon footprint for you meal of 5kg of CO<sub>2</sub> is the equivalent of using 2 litres of petrol in your car.



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Your next step is to see what ingredients you can replace to reduce the carbon footprint.

The winner is the best person who can produce the best meal with the lowest carbon footprint. What should become clear is that any use of red meat has a higher impact. Similarly dairy products, although used in smaller quantities, also have a higher impact and should be replaced.

### **Benefits**

The exercise enables participants to develop an understanding of how a tourism enterprise producing food products and meals, can reduce their carbon footprint..