

FOOD MILES EXPLAINED



WHAT ARE FOOD MILES?

The total **distance** food has travelled to get from where it was produced to where it is sold. Simply put – the transportation of food.

WHAT IS A CARBON FOOTPRINT?

The **amount** of CO₂ emitted as a result of the production and transportation of a product.

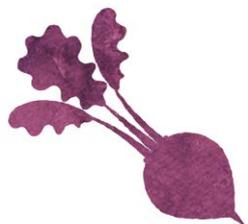
WHY IS THIS IMPORTANT?

Many of the foods we eat are either grown or produced in other countries. They are transported by plane, train, boat and lorry to reach the UK. This causes pollution and carbon dioxide to be released into the atmosphere, contributing to **climate change**.

CLIMATE CHANGE IS THE SPEED OUR PLANET IS HEATING UP.

Impacts of climate change:

- environmental impacts: pollution, increase disposable waste
- increased transport costs
- food quality and nutritional value
- food insecurity
- lower wages



www.foodforlife.org.uk

QUESTIONS TO THINK ABOUT:

- **Where does our food come from?**
- **Who produces our food and how?**
- **What are living conditions like for the people who produce our food?**
- **How far has our food travelled?**
- **Is there a more local alternative?**



What we grow, buy, and eat can have an impact on climate change. The food system in the UK contributes around 20% to UK human made CO₂ emissions.

If we want to reduce the impact that our actions are having on our climate change, eating food that is grown locally is one of the best ways to do this.

There are examples of ways we can help to reduce food miles in the Food Miles Activities resource.

