WHAT IS YOUR CARBON FOOD-PRINT?

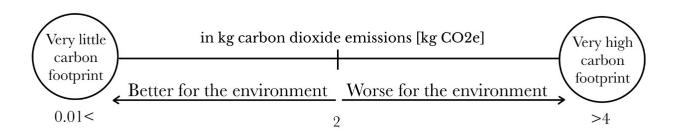
What is carbon food-print?

A carbon footprint is the greenhouse gas emissions (GHG) associated with specific actions. The footprint of food is assessed based on the volume of emissions produced by growing, farming, processing transporting the food we eat.

Why the change?

To meet our 2030 emission reduction targets we all, including DCU, need to reduce our GHG emission/Carbon Footprint by 50% by 2030 and 100% by 2050. Being aware of our food and dietary carbon footprints is necessary to meet the target.

Scale



Foodprints by Diet Type: t CO2e/person 3.5 ■ Drinks 3.0 ■ Snacks, sugar 2.5 Oils, spreads 2.0 Fruit Vegetables 1.5 Cereals, breads 1.0 Dairy Chicken, fish, pork 0.5 ■ Beef , lamb Meat Lover Average No Beef Vegetarian Vegan Note: All estimates based on average food production emissions for the US. Footprints include emissions from supply chain losses, consumer waste and consumption. Each of the four example diets is based on 2,600 kcal of food

What do the numbers mean?

Most dishes available in the DCU restaurant/canteen will be assigned a carbon food-print number based on the scale above. The higher the number the higher the carbon footprint of your chosen food. The food-print is based on the recommended serving portion of each dish.

Additional resources

all footprints are estimated using the online calculator:

https://assets.plateupfortheplanet.org/carbon-calculator/

· all ingredients assumed to come from the EU

estimate your full carbon footprint:

for any questions contact: sustainabililty@dcu.ie



Please fill out the survey

