

What's for Lunch



How does the Carbon Footprints affect the quality of the Food?

When farmers grow crops they might release greenhouse gasses and that's good because greenhouse gasses let plants grow. Without the greenhouse gasses it would be too cold to grow plants. But greenhouse gasses also contribute to pollution and global warming.

Microplastics are mostly found in water and so the fish in the water eat the plastics and so we eat fish so we eat the plastics that were in the fish. Transport food and housing have the largest gas emissions and it comes from the Us, (A vegetarian carbon footprint is half of a meat lover's diet) Food produces 8 tons of emissions per household, People have wiped out 60% of wildlife and animals since 1970. Carbon emissions are too much for the earth to handle. Humans are 0.01% of all life but we have wiped out 6 out of every 10 animals.

sources: [green eatz](#)

How does Local Farming Reduce the Carbon Footprint?

Farmers can rotate crops which help reduce carbon

Food that is produced locally, food that is produced locally travels less, reducing carbon. Even though transportation is only 11% of carbon emissions for farmers Food is 1 quarter of world gas emissions.

Some farms have built on past forests that they cut down to build the farm. Food produces 17% of carbon emissions worldwide,
Your home and car/transportation emits the most carbon.

How can we further reduce the carbon footprint of locally produced foods?

Many foods need packaging which emits carbon, Try to eat foods that don't need as much packaging or Try to eat foods that can be kept at room temperature. Try to store less things in your fridge because smaller containers result in faster cooling for leftovers, hot air also rises and cold air falls.

The Average person is responsible for 19 tons of carbon emissions per year. Beef contributes about 145% more carbon emissions than chicken or fish do.

sources: [eat your way to a smaller carbon footprint](#)

How can we still get the food we want while keeping the carbon emissions as low as possible?

Avoid packaged foods because processed foods lack nutrients and fiber that helps you fill up, which can lead to binging later. Try to eat more vegetables and fruits than meat because the more meat we eat, the higher our risk of getting diabetes, heart disease, or strokes are.

Try and do things that reduce your carbon footprint

Be aware of what you are putting in you body

If something is very popular but it doesn't look right to you, trust your gut, transportation only contributes about 5% of food emissions.

sources: [8 billion trees](#)

How does the food you eat impact your carbon footprint?

Food in season and local reduces your footprint by up to 10%,
You can reduce the carbon footprint by eating locally up to 7%. The carbon footprint food you eat can affect climate change and Food transportation only emits 11% of carbon.

If forests are maintained correctly they can store more carbon like how you can plant 10 trees for only 20\$.

By becoming vegan, you can reduce your carbon footprint by up to 25%.