

Carbon Cards Methodology:

Food has a big impact:

Food production accounts for 25% of greenhouse gas emissions. This is because food need to be grown, fertilized, harvested, fed and transported. Livestock alone emits as much as all of the cars on the road today. If there is one thing that you have to do everyday - it is eat. Therefore you have the magnificent potential of making a decision with a positive impact on the planet everyday.

Reduce your food impact:

Consider 3 things when choosing the food that you buy and eat:

- 1) Animal products account for more than 50% of food-related emissions and only provide 20% of our calorie intake. Beef emits the most of all foods. Eating low-carbon proteins is easy : tofu, eggs even chicken have much lower impacts.
- 2) Out of season fruit and vegetables need to be heated in greenhouses. Their impact can be 10 times that of in season products. Don't eat eggplants in winter.
- 3) Avocados that have been flown in from another continent can have an impact 20 times higher than a local avocado. Eat food where it has been produced.

Method:

First, we calculated the carbon footprints different foods. But we wanted to understand what this actually meant in terms of our own carbon footprint. So, second we calculated a French person's daily carbon footprint: 30 kg CO₂/day. Third, we wanted to know which of this is only for food. 8kg of CO₂ is on average a French person's daily food carbon footprint. Soooo... if you eat a chicken drumstick that emits 5 kgCO₂, you have reached 60% of your daily carbon food intake. Our method is based on the Protocol international standard for carbon accounting.

Databases:

Agribalyse , ADEME, Base Carbone & Food Calculator, BBC