Climate on Tap
‘The Carbon Footprint of Food’

Facilitator: Laura Tucker

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Finnriver Farm & Cidery

Jefferson County Public Health

Local 2020
What foods have the lowest carbon footprint? the highest?

Jot down your thoughts first, then share them with those at your table or with the person next to you.
Quiz: How Does Your Diet Contribute to Climate Change?

Carbon Footprint of Food

Foodprints by Diet Type: t CO₂e/person

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 consumed per day, which in the US equates to around 3,900 kcal of supplied food.

Sources: ERS/USDA, various LCA and EIO-LCA data
Comparing Carbon Foodprints (t CO₂e)

- Meat Lover: 3.3 t CO₂e
- Average: 2.5 t CO₂e
- No Beef: 1.9 t CO₂e
- Vegetarian: 1.7 t CO₂e
- Vegan: 1.5 t CO₂e
Greenhouse gas emissions produced by foods during production

- Lamb
- Beef
- Cheese
- Farmed Salmon
- White Rice
- Brown Rice
- Eggs
- Peanut Butter
- Nuts
- Dry Beans
- Tofu
- Lentils
- Broccoli
- Potato
- Tomato

*Kg CO2e/farmgate (production, does not include transportation/storage)*
How will this information affect your food purchases?
Choose one thing you will do differently the next time you shop for food and share it at your table.

GHG data based on lifecycle assessment by CleanMetrics. cleanmetrics.com
Car = Honda Civic
3 Strategies to Slash Your Foodprint

1: Eat Less Meat
- Meat Lover: 3.3 t CO₂e/person
- Average: 2.5 t CO₂e/person
- No Beef: 1.9 t CO₂e/person
- Vegetarian: 1.7 t CO₂e/person
- Vegan: 1.5 t CO₂e/person

2: Tackle Food Waste
- kg/person
- Negligible: 5 kg
- Small: 10 kg
- Low: 20 kg
- Average: 50 kg
- Moderate: 70 kg
- Large: 100 kg
- Extreme: 150 kg

3: Ground Flying Food
- kg CO₂e/t.km
- 0.015
- 0.037
- 0.200
- 1.100

1: http://shrinkthatfootprint.com/food-carbon-footprint-diet
2: http://shrinkthatfootprint.com/the-big-footprint-of-food-waste
3: http://shrinkthatfootprint.com/food-miles

Shrink That Footprint
Brain buster:
What is the **GREENEST** source of protein you can eat?
Climate on Tap

Thank you for coming!
Questions?

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