

go green

# Eat Green Food Action Sheet



## Carbon Foodprints

How food is grown, where it comes from and how it is packaged and produced all contribute to its carbon 'foodprint'. The impact that the products we buy and consume in schools and colleges have on climate change depends on how they're made and how far they've come.

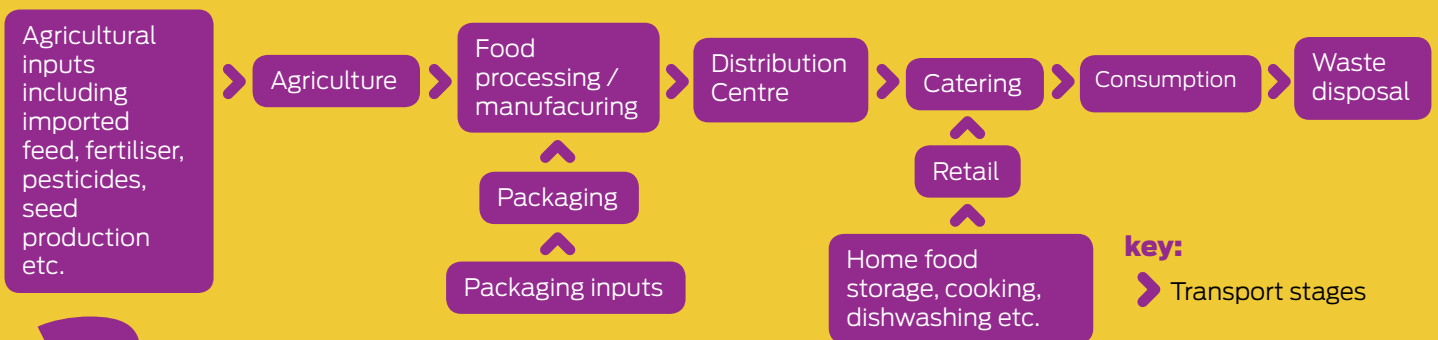
Food can be much greener if it's local, organic or unprocessed, and it contains less meat & dairy products. But what kind of food are you being served?

**Read on for loads of practical ideas for projects to reduce your school or college's carbon foodprint.**

## How does food contribute to climate change?

**Here are all the stages in the food supply chain, each one is responsible for emitting climate-changing gases:**

Everytime you see an arrow it shows that transportation is needed (ie. more carbon emissions).



Source: Food Climate Research Network [www.fcfn.org.uk](http://www.fcfn.org.uk)



## Did you know?

- Around 18–20 million tonnes of food is wasted in the UK each year
- An estimated £1.2 billion is spent on school food annually.
- Meat and dairy products account for 18% of all greenhouse gases in the world – that's more than the emissions from all forms of transport put together!
- The ingredients in a typical pizza from a supermarket have travelled over 23,000 miles – that's all the way round the earth!



## Reduce your carbon footprint – organise an Eat Green Day

### 1. Set up a Food Action Group

You'll need a committed group of people to form a food action group which includes students and teachers. Get the catering staff on board as early on as possible, as they can provide you with the information you need to carry out your projects. Aim to meet at least once a term to plan activities and monitor the impact. Need help setting up an action group?

**Check out our website:**  
[peopleandplanet.org/sixthforms/startagroup/](http://peopleandplanet.org/sixthforms/startagroup/)

### 2. Counting the Carbs Food Survey

First things first, what's your carbon footprint? Find out with this easy step-by-step survey and carbon calculator. You'll find out where your canteen food comes from, who eats what, and just how much gets wasted. This information will be really helpful in identifying which of the projects below to focus on. You'll also be able to measure what impact your projects have on your school or college's carbon footprint. Result!

**For your carbon calculator, visit:**  
<http://bit.ly/1fRVe4>

### Did you know?

Reducing the amount of meat & dairy we eat is one of the biggest ways to cut your carbon footprint. If everyone in the UK gave up meat just 1 day a week, it would save as much carbon as taking over 1 million cars of the road for a year!

### 3. Organise a Go Green, Eat Green Day

#### Focus:

Decide which food impacts you want to tackle and theme your Eat Green Day around it. You could make sure all the canteen food that day is:

- Vegetarian
- Locally-sourced
- Organic
- Freshly prepared
- or all of the above

### Maximise Your Impact!

Hold it during national Go Green Week in February, when schools, colleges and unis across the country will be taking action together.

[peopleandplanet.org/gogreenweek](http://peopleandplanet.org/gogreenweek)

#### Plan & Promote

To make your day a success plan in advance with the catering managers and headteacher/principal. To raise awareness among staff and students you could:

- hold an assembly
- put up posters everywhere
- hold Go Green stalls with delicious green treats
- make announcements in the canteen the week before
- give out recipes or ideas for green packed-lunches
- recruit staff and students to spread the word to colleagues and classmates

battery hens

### Raise some cash... Charity raffle

# CO<sub>2</sub> £2

Why not have an Eat Green charity raffle to raise money for People & Planet's Go Green campaign? Get a delicious hamper of ethical treats from your local Co-op or farmers market and sell tickets.

#### Go for it!

On the day your activities could include:

- decorating the canteen green
- a special Eat Green menu for the canteen with loads of yummy veggie options
- asking people to bring in 'green' packed lunches.
- a stall giving out free local, organic fruit from a local farmer or shop.
- a stall selling Go Green cupcakes to raise some funds for People & Planet
- ask people to pledge to Eat Green one day a week for a year! - see our website for a form.
- an assembly or talk about the benefits of a Low Carb(on) diet

#### How much carbon did you cut?

Make sure you take loads of photos for your Go Green film and send them to your office contact and [gogreen@peopleandplanet.org](mailto:gogreen@peopleandplanet.org). Don't forget to carry out another food survey on the day so you can compare the carbon footprint with your previous results.

### 4. Change the menu for good – regular Eat Green Days

If your Go Green Eat Green Day is a success, why not make it a regular fixture? This will have a massive impact on your school or college's carbon footprint for years to come!

#### Here are some arguments for convincing staff:

- It works! Show them how much carbon you saved on your Eat Green Day.
- Staff and students are behind it! Hand over your Eat Green pledge forms.

### 5. Go Green Eat Green Policy

What happens to Eat Green Day when you leave your school or college? One of the best ways to make sure your carbon footprint keeps getting smaller is to create an official Eat Green Policy. Ask your school or college to publish a food policy with ambitious aims and targets for reducing the impact of its food on the planet. Suggest your Head/Principal and Catering Manager check out this sample Eat Green policy:

**For a sample Eat Green Policy check out**  
<http://bit.ly/CZfrp> or  
[peopleandplanet.org/go/zell](http://peopleandplanet.org/go/zell)



# Find out more...

## Visit our website

Our website has a wide range of ideas for other practical projects and we'd love to hear your own ideas.

For the latest activities, check out:  
**[peopleandplanet.org/gogreen/eatgreen](http://peopleandplanet.org/gogreen/eatgreen)**

## Further resources

For downloadable posters, pledge forms and practical details on organising your Eat Green Day visit: **[peopleandplanet.org/gogreen/eatgreenideas](http://peopleandplanet.org/gogreen/eatgreenideas)**

### Organic Schools Network

**Garden Organic** runs a nationwide campaign which helps young people grow vegetables, and learn more about their food.

**<http://bit.ly/Msvfp>**

### Food for Life Partnership

The Food for Life Partnership offers an action framework and award scheme to help schools and colleges transform their food culture:

**<http://bit.ly/2w071F>**

Top tips for food and catering in schools and colleges.

**<http://bit.ly/z3GhQ>**

## Fancy setting up your own food growing scheme?

There's plenty of help here:

### Get Your Hands Dirty pack

**<http://bit.ly/3WO12y>**

### Groundwork

**<http://bit.ly/QnMyE>**

### Royal Horticultural Society

**<http://bit.ly/YZKhg>**

### Funding ideas

**<http://bit.ly/4mftAC>**

### Big Lottery Fund

Grants of £50,000 are available for developing outside spaces like allotments.

**<http://bit.ly/19cnKS>**



**CO<sub>2</sub> cake sale**

**people & planet**

student action on world poverty and the environment

Help us to work for positive change and support your campaigning by putting on fundraising events, joining our FAN Club or making a donation: **[peopleandplanet.org/supportus](http://peopleandplanet.org/supportus)**

**51 Union Street, Oxford, OX4 1JP | 01865 245678 | [gogreen@peopleandplanet.org](mailto:gogreen@peopleandplanet.org)**

Printed by Seacourt using waterless offset, 100% renewable energy and vegetable oil based inks on 100% recycled paper.

Supported by

**V** Inspiring  
a million  
more young  
volunteers



This project is funded by the EU. The views expressed here do not necessarily reflect those of the European Union.