

## 4 Save food, protect the climate!



### What is the connection between food waste and climate protection?

Greenhouse gases such as CO<sub>2</sub> are released during the production of food - completely in vain if the food is then thrown away. If food waste were a country, it would be the third largest emitter of greenhouse gases worldwide with 4.4 gigatonnes. Reducing food waste is thus an important lever in the fight against climate change.

But not only greenhouse gases are released unnecessarily, resources such as water, labour, soil and energy are also wasted unnecessarily when food ends up in the waste. For example, the production of cheese requires 5060 litres of water and releases 5820 grams of CO<sub>2</sub> equivalents. This corresponds to a car journey of 40 kilometres.

By reducing food waste, the scarce resources of our planet can be conserved and the greenhouse gas emissions caused by the production of our food can be reduced.

### 185 litres of water are in a bag of chips



How much **virtual water** and **CO<sub>2</sub>** is in .... ?

1. Research the virtual water content of some ingredients and make suggestions to improve the **water – footprint** of the lunch snack.
2. Assess the **CO<sub>2</sub> footprint** of the bowl and make suggestions to improve the CO<sub>2</sub> footprint of the lunch snack.

---

### A couscous bowl for lunch!

- Couscous
- Salad leaves
- Avocado
- Tomato
- Pear
- Mango
- some sliced beef

- some feta cheese