

## Food miles fact sheet

Food miles are the distance a certain food has to travel from its point of origin to its point of destination – i.e. our kitchen table. The larger the food miles, the bigger impact it has on the environment / climate change.

- 95% of our fruit comes from abroad.
- Half of our vegetables are imported.
- The most common form of transporting food once it's reached the country of destination is by lorry. 25% of all journeys made in the UK will be taking food from destination to destination until it's stacked on a supermarket shelf near you. These journeys account for 25% of CO2 emissions.
- Whilst only 1% of food is transported by air, it accounts for 11% of carbon emissions.
- Rainforest the size of ten football pitches is felled every second, some of which to make room for exported food crops.
- The least environmentally friendly way to import and export food is by air and yet is the most quickly expanding method of transporting food. Since 1992, the amount of food flown by 'plane has risen by 140%

**It has been stated that if we all tried to buy food originating from within a 20km radius from where we live, the country would save over two billion pounds in congestion and environmental costs.**

**Have a look at the labels on some of the foods in your kitchen – where have they come from? Could you find the same thing more locally?**

**Find out how many food miles your meal has travelled:**

<http://www.foodmiles.com/more.cfm>