



"If you're concerned about your carbon footprint - the steak tartare is more eco-friendly."

Did you know that by consuming a simple cheeseburger your carbon footprint has increased by 10 lbs of CO<sub>2</sub>.

**Ever Wondered How Much Carbon You Were Emitting Daily? Let's Consider, Daily Just Alone On Meals.**

**ADM, SUPERMARKET TO THE WORLD!**



# REDUCE YOUR CARBON FOOTPRINT TODAY!!!

## HAVE A CARBON-LOW LUNCH!

### **REMEMBER**

Your Carbon reduction IS greatly needed, and by taking that step, you are making a HUGE difference! Imagine the large impact that you alone would make if you cut down your carbon footprint by as little as 10lbs a day. That's 3650lbs a YEAR!

- You can 1<sup>st</sup> start by bringing lunch from home.
- Compose a meal from ingredients that are local.
- Try aiming for foods that are not highly processed – foods that are sold in forms closer to their natural state.
- Cut down on animal-based foods, and use more plant-based foods.
- Consider simple packaging – maybe a napkin or reusable bowl.

With these few guidelines you are well on your way to having carbon-low meals, reducing your carbon footprint!



**Bishop Anstey High School Committee**