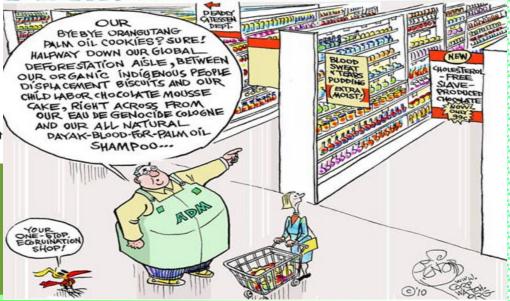


"If you're concerned about your carbon footprint - the steak tartare is more eco-friendly."

Did you know that by consuming a simple cheeseburger your carbon footprint has increased by 10 lbs of CO₂.

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

A DM . SUPERMARKET TO THE WORLD!



REDUCE YOUR CARBON FOOTPRINT TODAY!!!

HAVE A CARBON-LOW LUNCH!

- You can 1st 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!

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 earbon footprint by as little as 10lbs a day.

That's 3650lbs a YEAR!





Bishop Anstey High School Committee