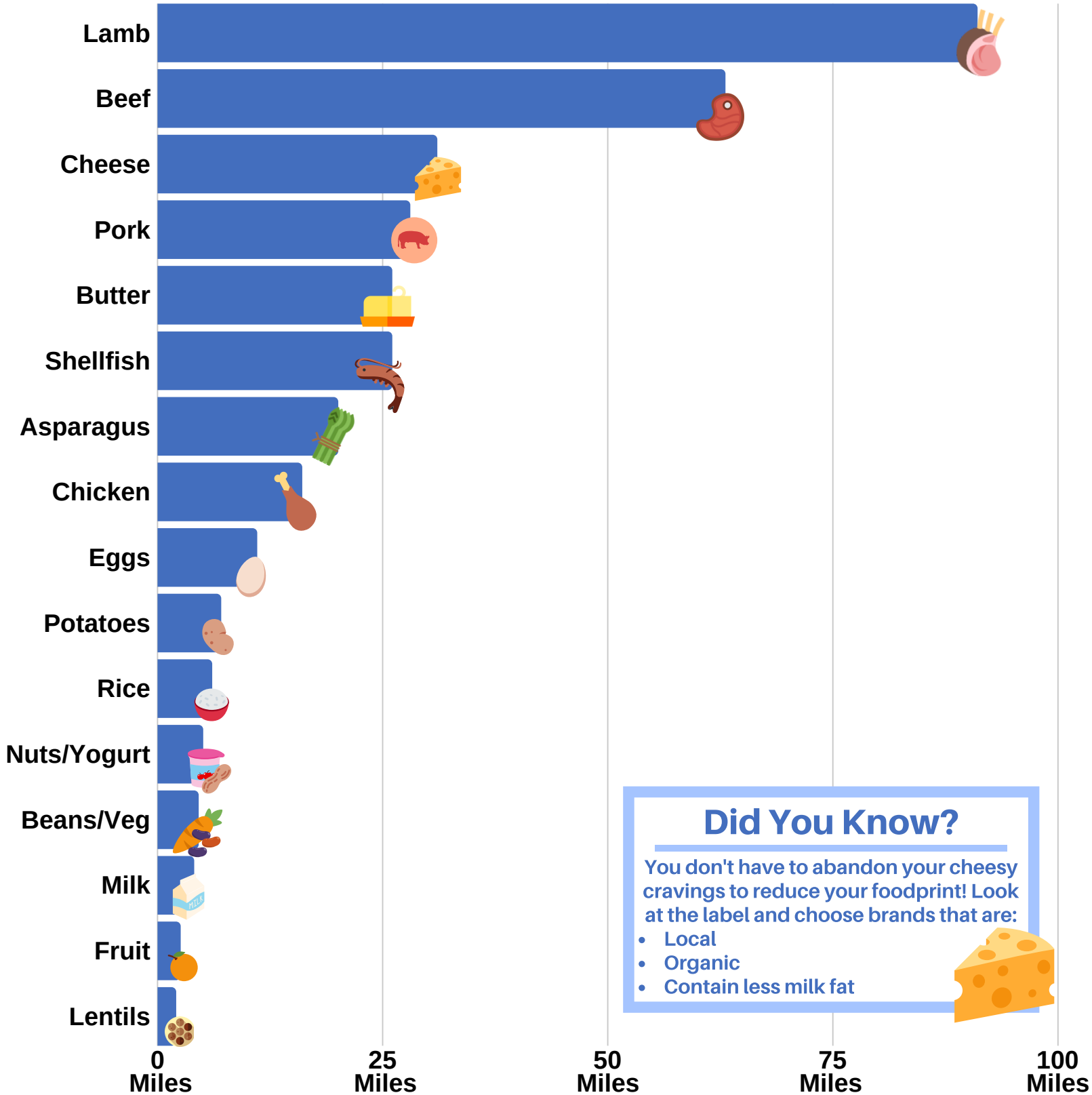


What's Your Carbon Footprint?

Our food choices are one of the largest drivers of climate change. Some foods take more energy to produce and release excess carbon into the atmosphere. Making small changes to our diets can dramatically reduce our carbon footprints and help combat climate change!

Take a look below at how the carbon emissions of two pounds worth of different foods are measured in car miles. Producing two pounds of lamb emits the same amount of carbon as driving 91 miles!



Steps Toward a Smaller Foodprint

- 1 Switch to a more plant-based diet.
- 2 Buy local produce.
- 3 Compost leftovers.
- 4 Reduce food waste.

For more resources about how to take action against climate change visit:

www.MarineMammalCenter.org



The Marine Mammal Center®

1

Eating less red meat and more fruits and vegetables can reduce your carbon footprint by 25%!

Plants like beans, soy, and peas are high in protein



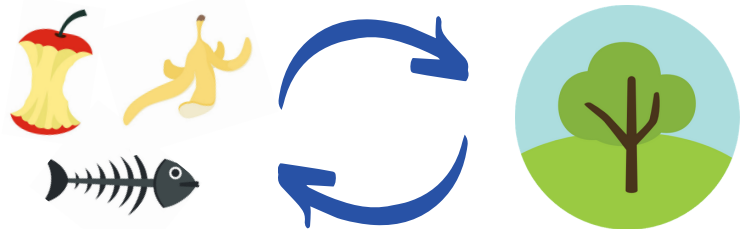
2

Buying local, organic food can help reduce transport and carbon emissions. Organic farms produce 2/3 less emissions than industrial farms!



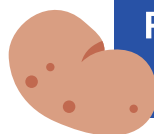
3

Composting leftovers like coffee grounds and eggshells helps reduce methane emissions by keeping food waste out of the landfill.



4

Buying foods with a longer shelf-life and cooking smaller portions can reduce the amount of food in your home that goes to waste.



Root vegetables like onions and sweet potatoes last longer in your pantry!