

Climate Change



Travelling to the Shops

The way we buy food also adds to food miles. Shoppers now travel further to buy their food than in the past.

We also travel more often by car to get there. In fact, every year every adult in the United Kingdom travels about 135 miles by car to do their food shopping.

It is better to do one big shop than lots of small ones. It is also better to shop from local stores than go to big supermarkets that are out of town.



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Waste Food

We also need to think about getting rid of waste food when we work out food miles. Most households throw away more than three kilograms of food and fourteen kilograms of food packaging every week.

Some foods from abroad, such as soft fruits, often need more packaging to protect them on the journey. Waste food and packaging also have to be taken to landfill sites and dealt with.



More information?

Get in touch with the team at Science Shops Wales. You can phone us on 0845 841 3545, or you can email us at scishopw@glam.ac.uk

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FOOD MILES

Towards A Sustainable Future

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What are Food Miles?

'Food miles' are a way of talking about how much fuel it takes to move food from the farm to your kitchen table. The further the food travels, the more petrol or diesel it takes to get there. When planes, cars or lorries burn fuel, they give out carbon dioxide. Too much of this gas in the air is making the Earth get hotter, and putting people's lives in danger. This problem is known as 'global warming'





A food that has a lot of food miles will cause more global warming than one with very few food miles.

Why does food travel so far?

In the past, people grew, sold and ate food locally. Today, much of the food we eat travels hundreds of miles before it reaches the shops.



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A Sustainable Future Climate Change

Milk from cows in Devon may end up in supermarkets in Dumfries. Potatoes grown in Norfolk may be on sale in Northumberland.

Sometimes, food will travel hundreds of miles and get back to the same place. Milk from the farm next door might travel to a bottling factory in the city before returning to a local shop.



Image taken from www.growinggrub.co.uk

A lot more food comes from abroad than in the past.

Almost all fruit (95%) comes from abroad. Half of the vegetables we eat in the United

Kingdom are from other countries.

Twice as much food arrived in the UK by plane in the 1990's than in the 1980's. We expect even more to come by plane in the 2000's.



Courtesy of Farmers Weekly



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The Way Food Travels

The way food travels is also important. For example, it uses less fuel when food travels a long way by boat than when it travels that far by plane.

It is also better to move a lot of food at one time. One large lorry load will use less fuel than many small car loads.



Courtesy of <http://www.elysianfarm>

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