DAY #1
FOOD AND PRODUCE

An easy way to counter your CO2 emissions is to focus on your nutrition.

Did you know that eating only one hamburger is equivalent to driving a car for 300 kilometres?

Each German on average contributes 2 tonnes of C02 per year due to his food. Hence, why not eat climate-friendly more often? Below are further tips on eating climate-friendly.

- Buy organic food.

- Buy regional: Goods from other countries have to be flown in.

- Seasonal instead of under glass: Seasonally harvested fruit and vegetables pollute the climate far less than plant foods that grow out of season in a heated greenhouse.

- Fresh instead of from the freezer: Fresh vegetables pollute the climate three times less than vegetables from the freezer.

- Raw vegetables instead of ready-made pizza: The more highly a foodstuff is processed, the more climate-damaging its production.

- Roast pork instead of rump steak: Eating less meat and sausage protects the climate.

- Rule of thumb: Beef is three times more harmful to the climate than pork or poultry.

- Low-fat quark instead of camembert: The fatter a dairy product, the worse its climate balance.