

## ...About That Free Lunch....

### Top Ten Imported Food Item Contributors to Greenhouse Gas Emissions, Waterloo Region

Food Item	# Times More Emissions than Local Product	Average distance travelled (km)
1. Beef	667	5 770
2. Pears	561	6 054
3. Lettuce	125	3 726
4. Tomatoes-fresh	135	2 800
5. Potatoes- fresh	94	2 832
6. Peppers- fresh bell	229	3 281
7. Apples- fresh	148	5 925
8. Onions	115	3 570
9. Cheese	687	5 278
10. Carrots	129	3 936

(from Food Miles: Environmental Implications of Food Imports to Waterloo Region, 2005)

**Where you can, buy these locally!**

### What We Can (and Should) Do Besides Eat Locally...

#### Top 10 things you can do for the environment

(adapted from George Monbiot, author of Heat: How to Stop the Planet from Burning)

- 1) Cut your flights. Nothing else you do causes so much climate change in so short a time.
- 2) Think hard before you pick up your car keys. On average, 40% of the journeys made by car could be made by other means- on foot, by bicycle or on public transport.
- 3) Organize a 'walking bus' to take the children to school.
- 4) Ask your boss to devise a 'workplace travel plan' that rewards people for leaving their cars at home.
- 5) Switch to a supplier of renewable electricity. You don't have to erect your own wind turbine, but you can buy your power from someone who has. Eg. Bullfrog Power
- 6) Ask a builder to give you an estimate for bringing your home up to R2000 standards, the most energy-efficient home commercially available.
- 7) Ditch the air conditioner
- 8) Turn down your thermostat: 18° C is as warm as your house ever needs to be. You just have to get used to it.
- 9) Make sure every bulb in your house is a compact fluorescent or LED one.
- 10) Do not buy a plasma TV; they use five times as much energy as other models.