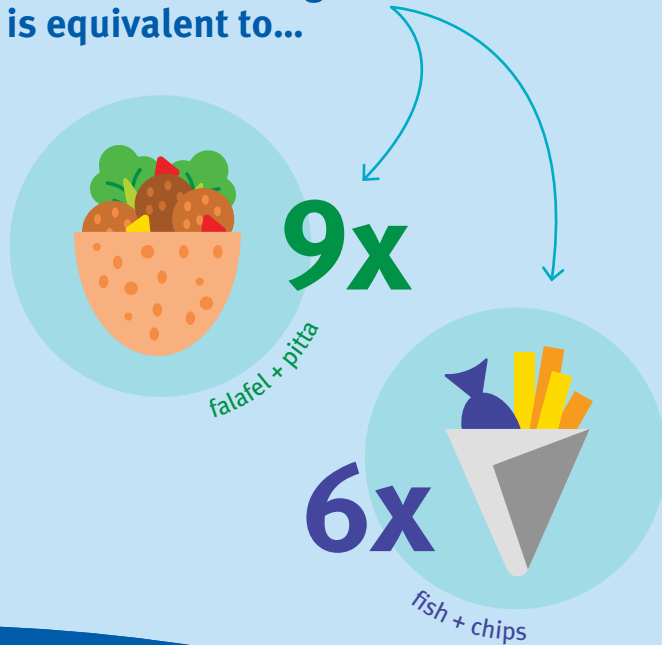
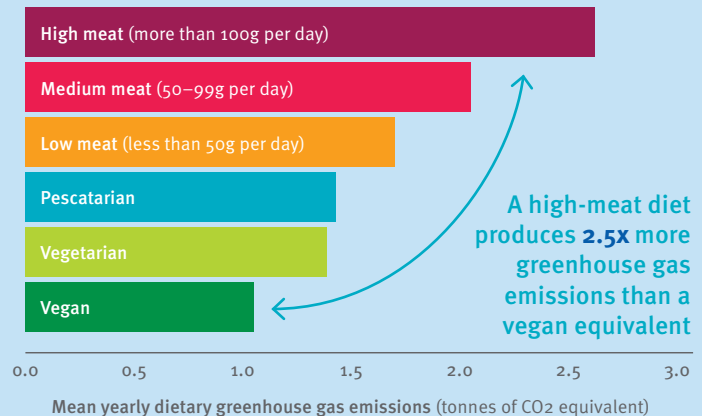


# Help tackle climate change, one meal at a time

The carbon footprint of one cheeseburger is equivalent to...



- Food production is responsible for approximately 20% of the UK's carbon footprint.
- The amount of greenhouse gases emitted in producing one beef burger could produce nine falafel pitta.
- One in three Britons are now vegan, vegetarian or flexitarian.
- Meat and dairy have a higher environmental impact than plant-based products partly because each organism in the food chain requires more food, water and resources than the last.



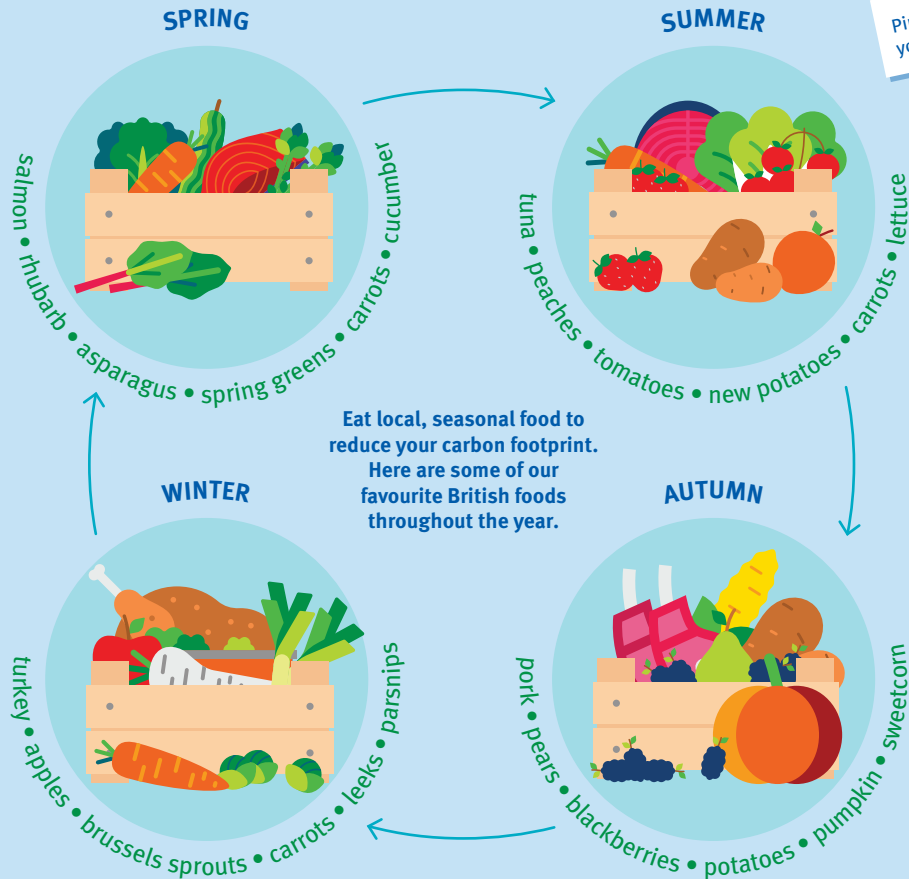
**Grantham Institute**

Climate Change and the Environment

An Institute of Imperial College London

## What can you do?

- 1. Reduce meat consumption** (specifically beef and lamb). This can cut your carbon footprint by nearly 1 tonne of carbon dioxide each year – equivalent to heating your home for half a year.
- 2. Eat more plant-based foods and explore different protein sources** like tofu, beans and pulses. This also reduces your risk of heart disease, obesity and type-2 diabetes.
- 3. Reduce food waste.** Buy only what you need, eat all the edible parts and use up any leftovers – you'll save yourself money in the process.
- 4. Eat local food that's produced in season** to minimise your carbon footprint from transport and extended refrigeration.



Pin me to your fridge!

**Grantham Institute**

Climate Change and the Environment

An Institute of Imperial College London

Find out more: [bit.ly/Personal-climate-action](https://bit.ly/Personal-climate-action)