

Lunch boxes



Ages: 7+



Time: 45 mins

Purpose:

To begin to understand the carbon footprint of food.

Youth work outcomes:

Outcome 4: Young people participate safely and effectively in groups

Outcome 6: Young people express their voice and demonstrate social commitment

Sustainable development goals:



How it works:

In person:

Devices to access the Internet, example lunchbox sheets.

Online:

Example lunchbox sheets

Description:

In small groups or pairs use the [BBC Climate Change Food Calculator](#) to calculate the total carbon footprint on each example lunchbox. Add up the total amount of emissions (each food item has its own calculation) for each lunchbox. Participants could also calculate the carbon footprint of their own lunch/snack.

If the participants are interested in the food calculator, get them to design the lowest and highest carbon lunchbox they can. Which foods can you swap to make a big difference?

There are further carbon footprint food calculators available online with more food options for a more detailed discussion or for older age groups.

Discussion questions:

- Were you surprised about which lunchbox had the biggest carbon footprint?
- Do you think this information would change what or how often people buy particular items?
- Has this activity made you think about your own lunchbox?
- What other aspects might you consider when making sustainable choices about food? (E.g. locally grown, organic, in season, food waste).

Lunch boxes

Action/Next steps:

If you have access to a kitchen or food preparation area, why not create some low carbon snacks or meals using the information from the calculator? Find the ingredients which have the lowest carbon footprint and make up a recipe.

Challenge each other to reduce the carbon footprint of your food. You could try doing meat-free Mondays or choosing fruit and veg with the lowest carbon footprint for a month.

Use another activity in this toolkit to calculate the carbon footprint of other aspects of participants' lives.

Chicken and cheese sandwich

Banana

Milk

Pasta with tomatoes and chicken

Apple

Water

Beef curry with rice

Grapes

Omelette with peas and cheese

Orange

Hamburger with cheese

Chips

Beans on toast

Blueberries

Bar of milk chocolate

Macaroni cheese

Clementine

Egg sandwich

Strawberries