







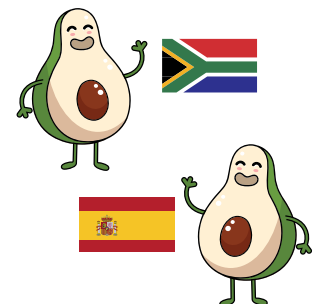
Imagine that you are shopping with your family. Use the table below to help you make the most sustainable choice (the food choice that is the best for the environment.) **Remember, buying food from within Ireland, produced locally, is often the more sustainable option.**

The table below lists some of the countries which send food to Ireland and the number of miles that food travels to get to Ireland.

Travelling From	Miles to Ireland
 <b>South Africa</b>	5,840 miles (9,397 kilometres)
 <b>Spain</b>	902 miles (1,451 kilometres)
 <b>Ivory Coast</b>	3,214 miles (5,172 kilometres)
 <b>United Kingdom</b>	288 miles (463 kilometres)
 <b>Costa Rica</b>	5,167 miles (8,314 kilometres)
 <b>Ireland</b>	-----

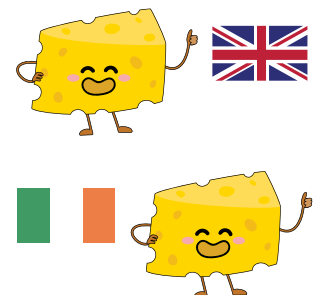
*\*all figures are rounded estimates and sourced from foodmiles.com*

1. You find two types of avocados in the market. One label says '**South Africa**'. The other label says '**Spain**'. Which one has the lowest food miles?

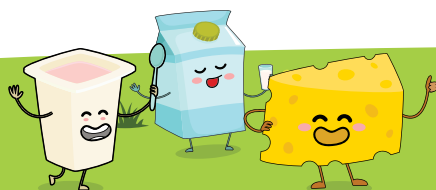


The avocado from \_\_\_\_\_  
has the lowest food miles.

2. You find two types of cheddar cheese in the market. One label says '**Somerset, England**'. The other label says '**Cork, Ireland**'. Which one has the lowest food miles?



The cheddar cheese from \_\_\_\_\_  
has the lowest food miles.

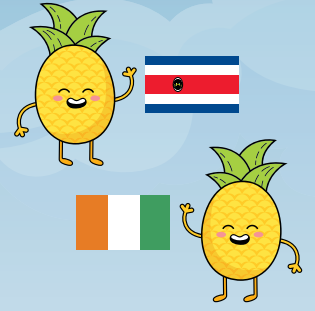


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An Roinn Talmhaíochta,  
Bia agus Mara  
Department of Agriculture,  
Food and the Marine

3. Pineapples are on sale! One label says 'Costa Rica'. The other label says 'Ivory Coast'. Which one has the lowest food miles?



The pineapple from \_\_\_\_\_  
has the lowest food miles.

4. Tally up! What is the total number of miles travelled for your Avocado, Cheese, and Pineapple?  
\*Hint\* count Ireland as having zero miles:

Avocado Total Miles +

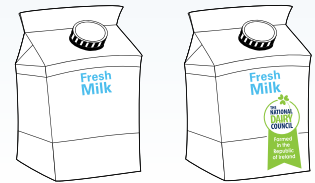
Cheese Total Miles +

Pineapple Total Miles +

My Total Miles =

5. What can you look for that will tell you that your milk is farmed in the Republic of Ireland?

\_\_\_\_\_



6. Besides food miles, what are the 2 other things we can think about when food shopping:

a. \_\_\_\_\_

b. \_\_\_\_\_

### Want to explore further?

1. Visit [foodmiles.com](http://foodmiles.com) with an adult/guardian to track some of the food miles from your fridge!
2. Visit [www.bordbia.ie/whats-in-season/best-in-season/calendar/september](http://www.bordbia.ie/whats-in-season/best-in-season/calendar/september) to download a 'Best in Season' calendar. Hang this up in your home so you can be more mindful in the market!

