







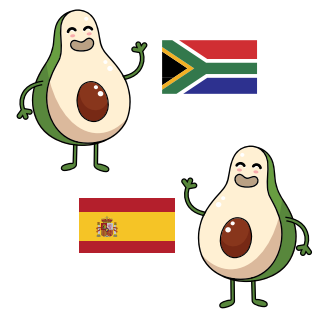
Imagine that you are shopping with your family. Using the information from the table below, and what you discussed with your class, see if you can make the most sustainable choice. **Remember, buying food from within Ireland, produced locally, is often the more sustainable option.**

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

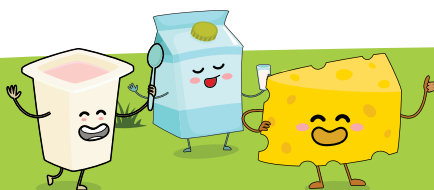
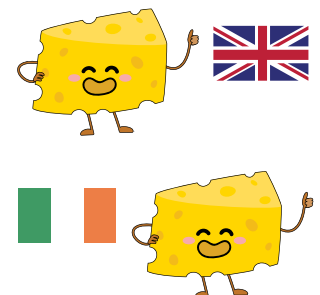
| Travelling From | Miles to Ireland |
|---|--------------------------------|
|  South Africa | 5,840 miles (9,397 kilometres) |
|  Spain | 902 miles (1,451 kilometres) |
|  Ivory Coast | 3,214 miles (5,172 kilometres) |
|  United Kingdom | 288 miles (463 kilometres) |
|  Costa Rica | 5,167 miles (8,314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

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

1. The supermarket has 2 types of avocados. One label says '**South Africa**'. The other says '**Spain**'. You choose the avocado labelled:



2. The adult you are with is looking to buy cheddar cheese for a recipe. There are many options. You find one labelled '**Somerset, England**'. You also find one labelled '**Cork, Ireland**'. You ask them to buy the cheese from:

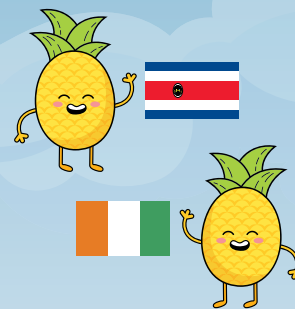


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An Roinn Talmhaíochta, Bia agus Mara
Department of Agriculture, Food and the Marine

3. Pineapples are on sale! They have been imported from 'Costa Rica' and the 'Ivory Coast'. Which option has the lowest food miles?



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

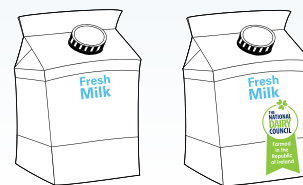
Avocado Total Miles +

Cheese Total Miles +

Pineapple Total Miles +

My Total Miles =

5. You're in a rush and can't find your local milk brand in the aisle. What can you look for that will quickly tell you that your milk is farmed in the Republic of Ireland?



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

a. _____

b. _____

Want to explore further?

1. Visit 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 to download a 'Best in Season' calendar. Hang this up in your home so you can be more mindful in the market!

