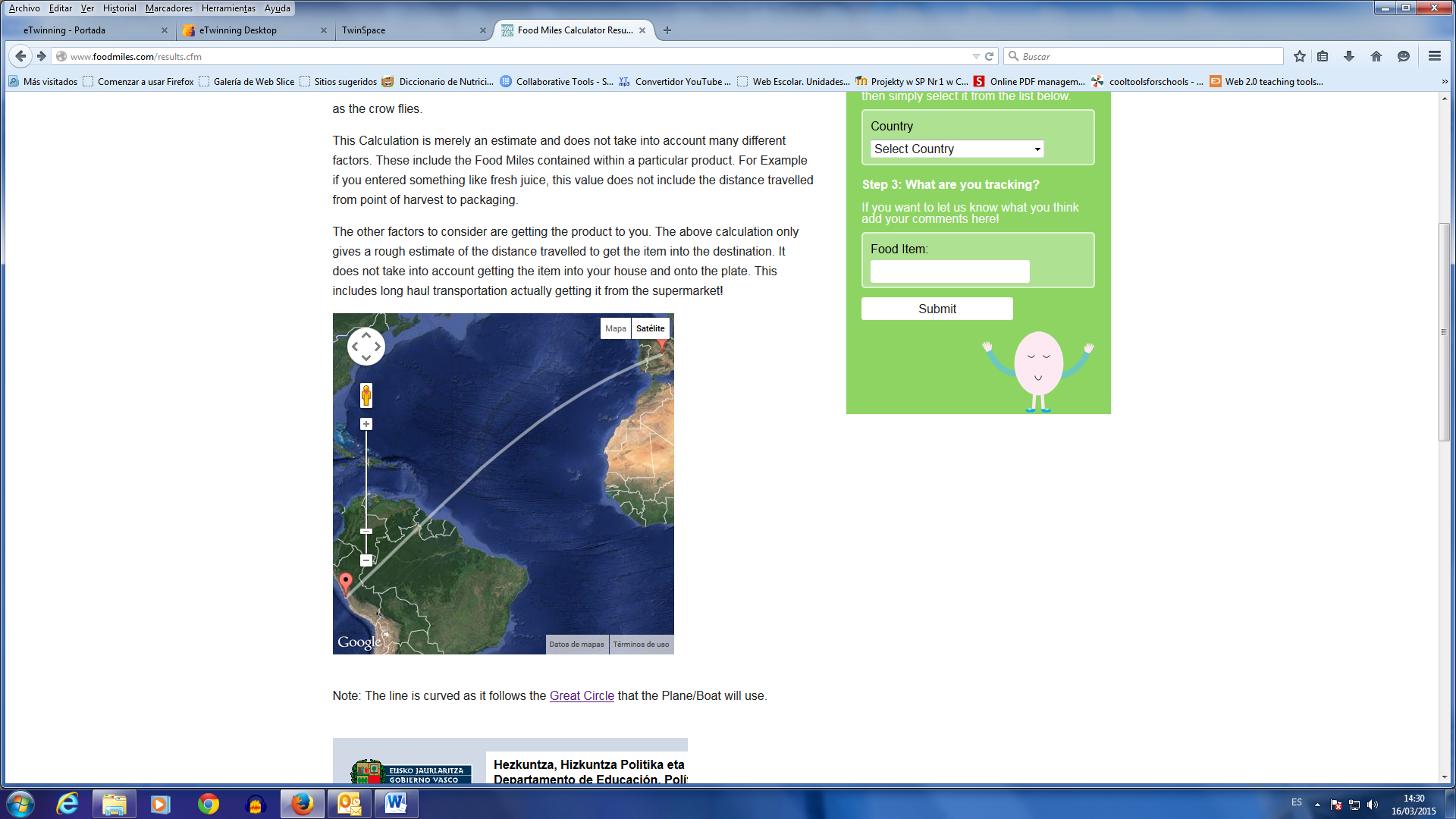
**Red Peppers coming from Perú**



**5910 miles (9508km)**

If this distance was covered by an Aeroplane that would create approximately   
2127 kgCO2 or 581 kg Carbon

If this distance was covered by a Car that would create approximately   
1714 kgCO2 or 468 kg Carbon

If this distance was covered by a Train that would create approximately   
591 kgCO2 or 161 kg Carbon

**What Are The Effects?**

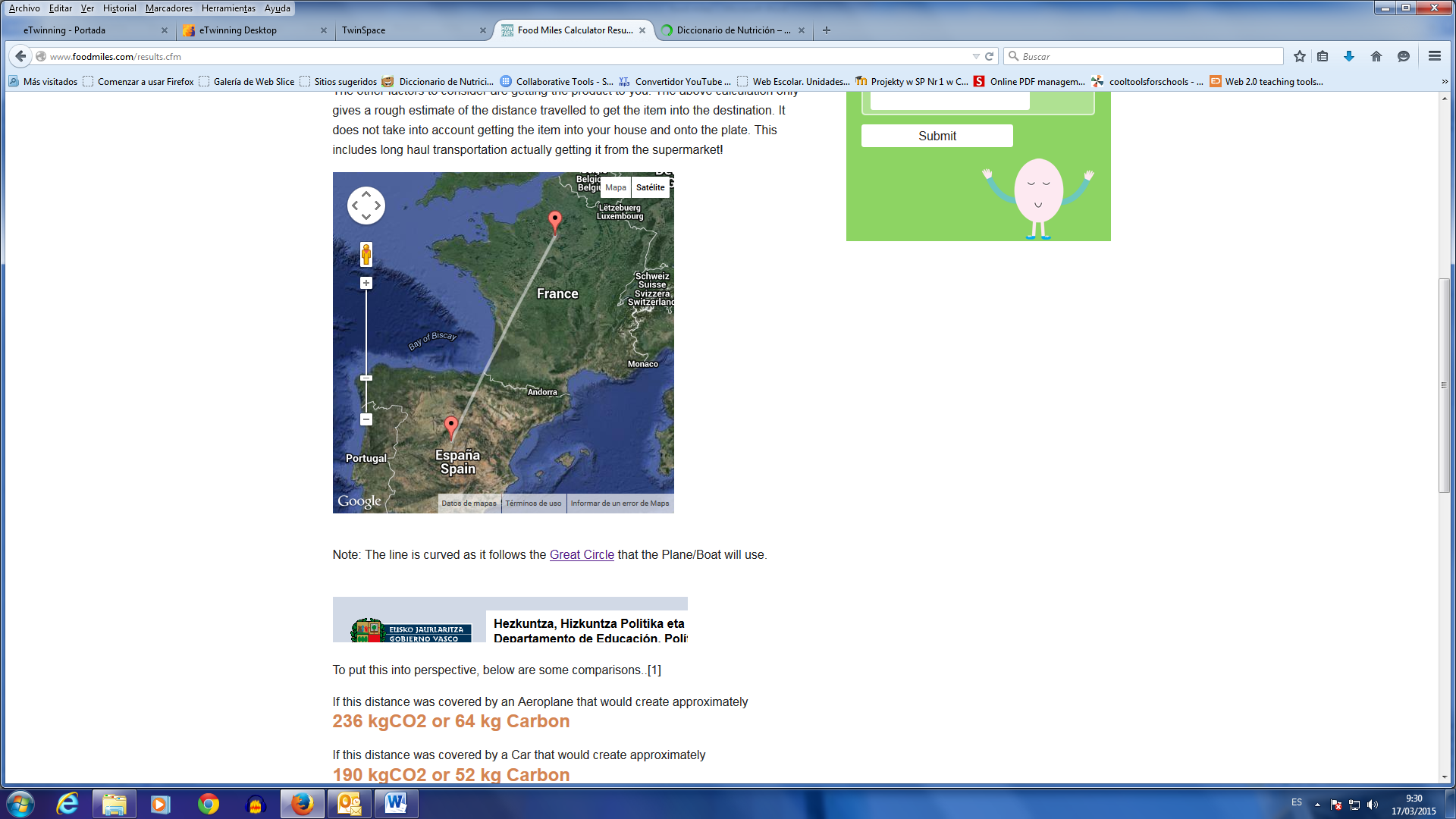
The effects of food miles can be measured in the pollution that is caused. Think about the distance travelled, then think about how that distance was covered. Was it by Plane? Boat? Road?

**What Can I Do?**

Buy Local! That's the key. This means supporting local growers. Its much better for the environment growing and buying organic, but what if that organic product has come from, say Chile? That's a long haul journey for your apples to go! Its better to go down the road (on a bicycle) and buy from your local farmer, or grower.

Beware though, even some foods that may appear to be from local suppliers, if bought is supermarkets, have probably toured the country between depots before arriving back in the shop.

**Cheese coming from France**



Assuming your food has come from the capital, Paris travelling to the capital Madrid, it has travelled approximately

**654 miles (1053km)**

To put this into perspective, below are some comparisons..[1]

If this distance was covered by an Aeroplane that would create approximately   
236 kgCO2 or 64 kg Carbon

If this distance was covered by a Car that would create approximately   
190 kgCO2 or 52 kg Carbon

If this distance was covered by a Train that would create approximately   
65 kgCO2 or 18 kg Carbon

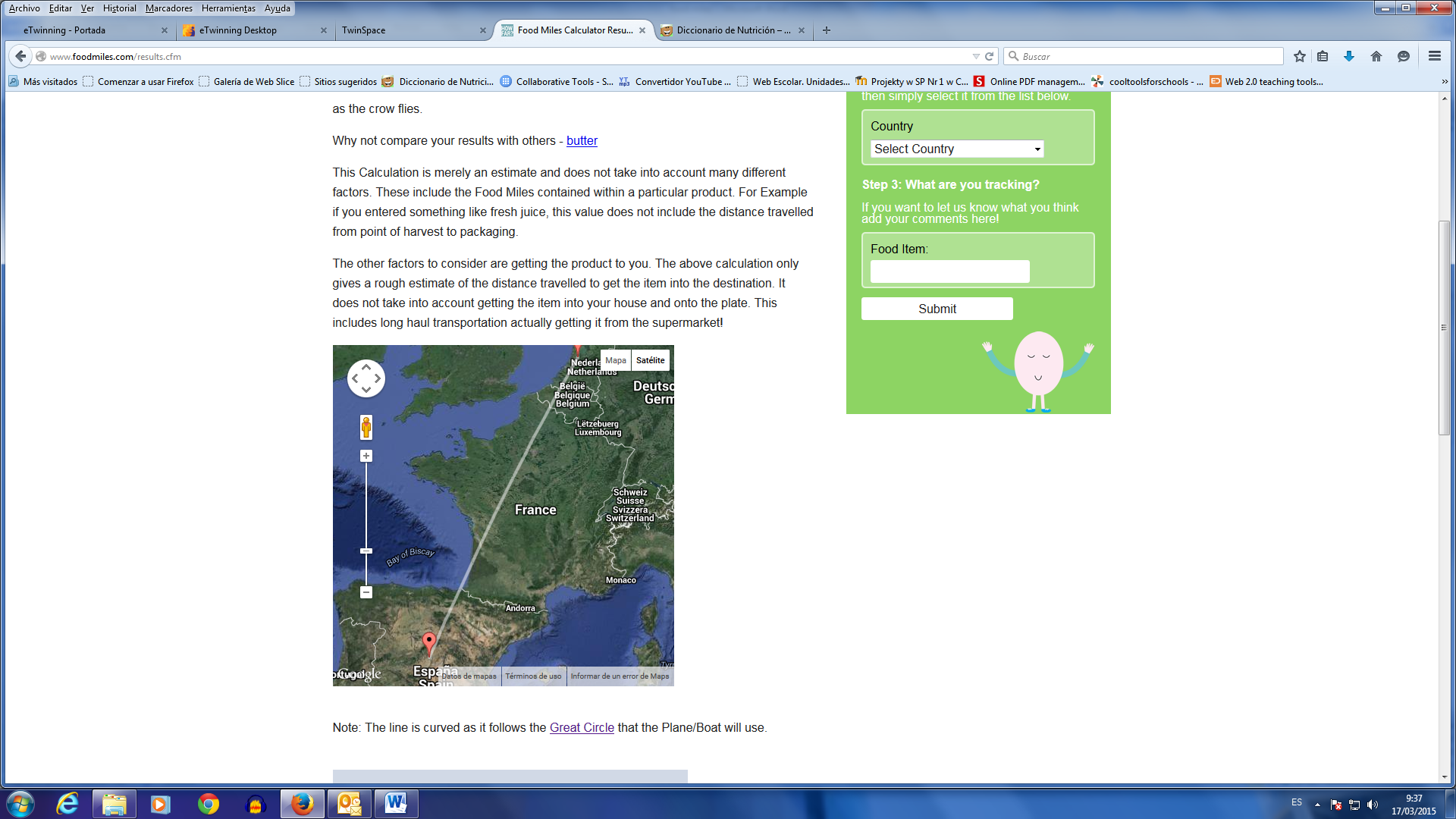
**What Are The Effects?**

The effects of food miles can be measured in the pollution that is caused. Think about the distance travelled, then think about how that distance was covered. Was it by Plane? Boat? Road?

**What Can I Do?**

Buy Local! That's the key. This means supporting local growers. Its much better for the environment growing and buying organic, but what if that organic product has come from, say Chile? That's a long haul journey for your apples to go! Its better to go down the road (on a bicycle) and buy from your local farmer, or Final del formulario

**Butter coming from Netherlands**



920 miles (1481km)

To put this into perspective, below are some comparisons..[1]

If this distance was covered by an Aeroplane that would create approximately   
331 kgCO2 or 90 kg Carbon

If this distance was covered by a Car that would create approximately   
267 kgCO2 or 73 kg Carbon

If this distance was covered by a Train that would create approximately   
92 kgCO2 or 25 kg Carbon

**What Are The Effects?**

The effects of food miles can be measured in the pollution that is caused. Think about the distance travelled, then think about how that distance was covered. Was it by Plane? Boat? Road?

**What Can I Do?**

Buy Local! That's the key. This means supporting local growers. Its much better for the environment growing and buying organic,