

Every meal is an opportunity to make a positive impact on the environment.

Why it matters?

25%



Food consumption and production are responsible for **> 25%** of global greenhouse gas emission



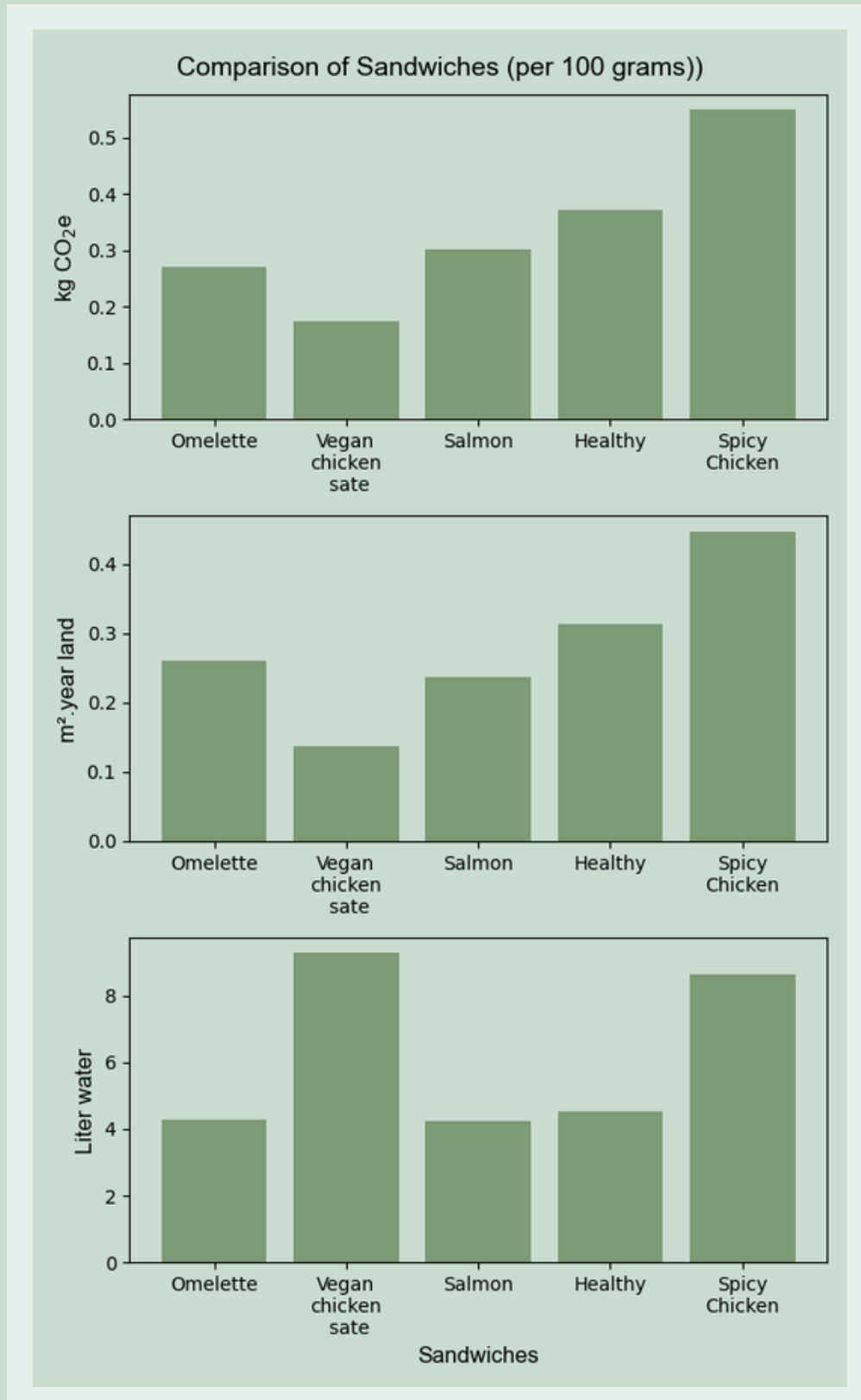
Over **2/3rd** of the global freshwater is used for food production



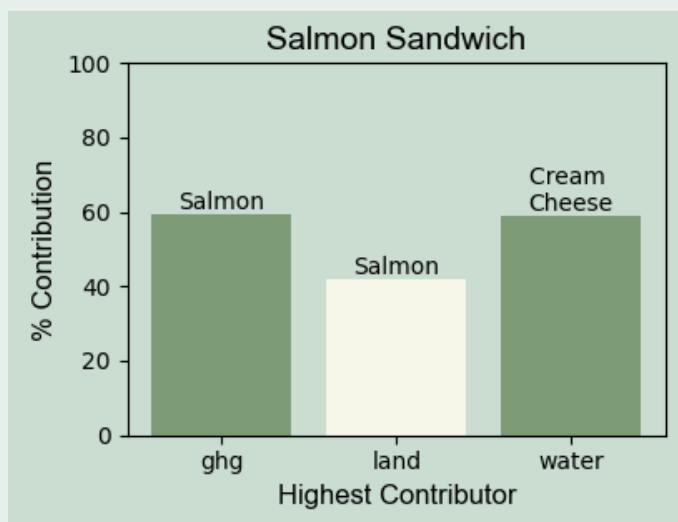
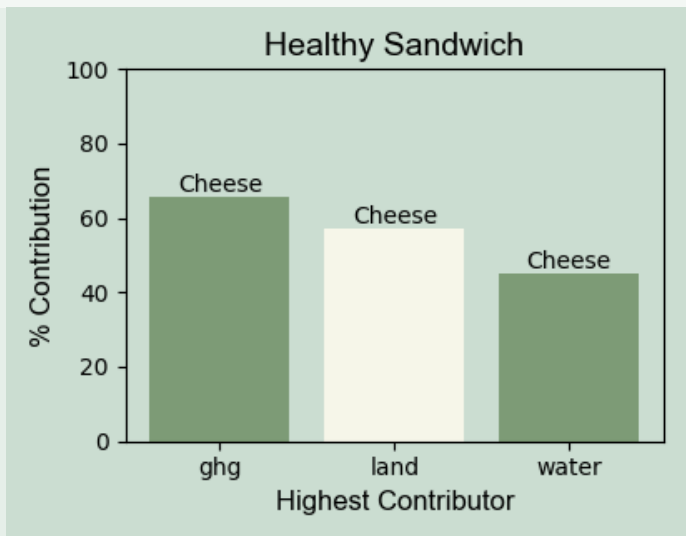
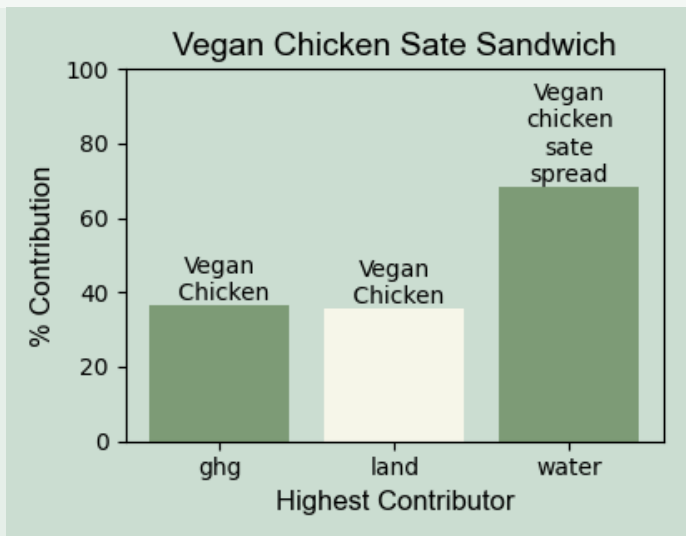
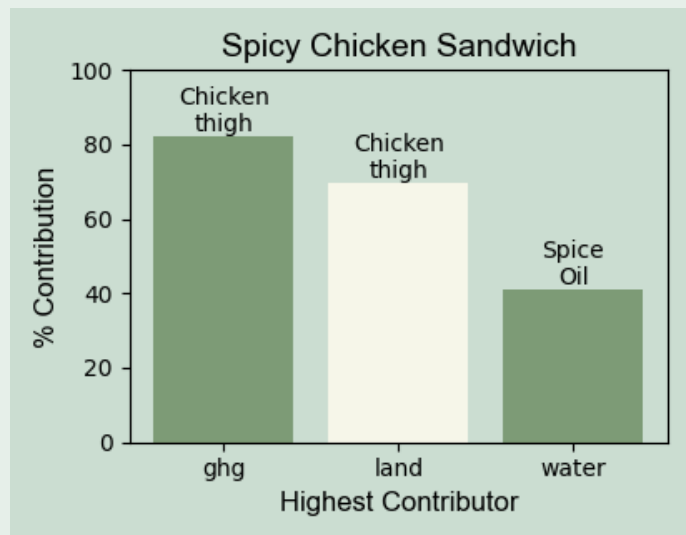
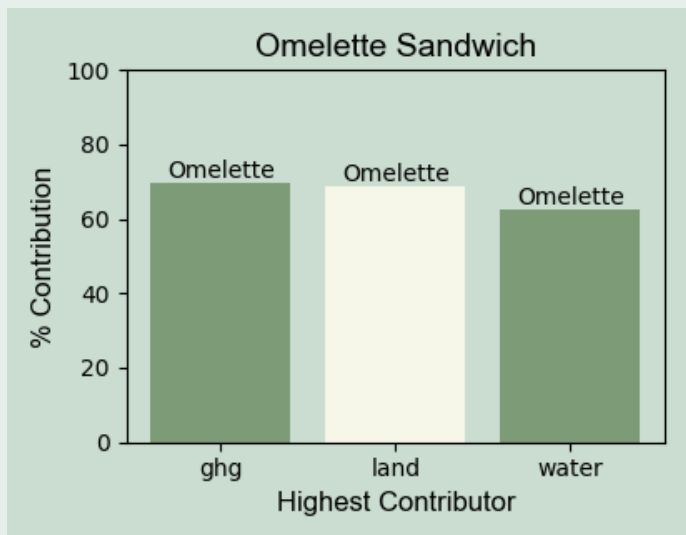
Annually, **1/3rd** of all food produced (1.3 billion tons) is wasted.

An average human makes around **65,000 decisions** about what to eat in their lifetime.

Have a look at how different sandwiches compare with each other!




Let's zoom in on the ingredients with the most pronounced environmental impact.




How do we get these values?


We use a cradle-to-grave approach when visualizing and analyzing the food. More specifically we look at the CO₂, land, and water footprints (usage) of the feedstock production, processing, packaging, transportation, waste, etc. For this, we undertake ingredients-based meal footprint analysis. We refer to a variety of peer-reviewed scientific articles and regional government databases (such as those published by Rijksinstituut voor Volksgezondheid en Milieu - RIVM).



a. **Carbon footprint:** The carbon footprint is a standardized measurement that converts emissions from major greenhouse gases such as carbon dioxide (CO₂), methane (CH₄), and nitrous oxide (N₂O) into equivalent CO₂ emissions. This conversion, is expressed in kilograms of CO₂ equivalent (kg CO₂ eq).



b. **Land footprint:** Land footprint quantifies the land area necessary to produce a food item throughout its lifetime, regardless of its geographical location. For eg. if 1 kg of carrots requires 3 m² of land and 6 months to grow, the land footprint would be 1.5 m² year (not 6 m²/year).



c. **Water footprint:** This measures the amount of freshwater (accounting for **only 3% of global water**) withdrawn or consumed to produce the food item. This is measured in liters of freshwater.

What do these symbols mean?

The symbols of cars, showers, and laptops, either partially filled or filled, displayed alongside the sandwiches in the canteen, serve as a rating system to illustrate the environmental impact of the sandwiches. This provides a simple visual guide for customers to make informed choices about their food. These ratings are determined by comparing the environmental impacts of various dishes using data from the MiSt Sustainable Solutions database. This database covers a wide range of diets including vegan, vegetarian, seafood, eggs, white, and red meat options from around the world. Note that these ratings are based on “per 100 g” of the sandwich.

Dishes with low
carbon footprint

Dishes with high
carbon footprint



For eg. pancakes,
vegetarian hutspot

For eg. hamburger,
meat-pie