



Wonder
Project

Plant Challenge

Score to beat:

Carbon quiz reflection

Which items in your lunch
do you think are the most
and least carbon friendly?

is the **most** carbon friendly thing in my lunchbox.

is the **least** carbon friendly thing in my lunchbox.

Greenhouse gases are released at many points during food's journey from farm to table. But, with a few small changes, you can make your diet more carbon friendly.

Keep these questions in mind
the next time you're planning
your lunch or buying groceries
with your family.

What's in my food?

Red meat is one of the
biggest contributors to your
lunch's carbon footprint.

**Try chicken or a meatless
option a few times a week.**

What's my food stored in?

The less packaging that ends
up in the rubbish, the better!

**Try to buy in bulk and
avoid individually
wrapped snacks. You can
make your own servings
by portioning items into
reusable containers.**

Where was my food made?

Foods made far away
release more greenhouse
gases during their
transportation.

**Try and eat local fruits
and veggies – and try to
buy what is in season!**

How much will I use?

Wasted food that ends
up in a landfill will release
greenhouse gases as
it breaks down– less
food waste means less
greenhouse gas emissions!

**Get creative with your
leftovers – roasted
chicken one day can
make an awesome
chicken soup the next!**

Now you know what it takes to be a carbon friendly champion.

What changes will you make to ensure your lunch is more carbon friendly?