

GET IT SUS'D

SIMPLE IDEAS FOR SUSTAINABLE LIVING
ON LANCASTER UNIVERSITY CAMPUS

ABOUT FOOD

HOW MANY
CHICKENS ARE FED TO
LANCASTER STUDENTS
EVERY WEEK?

DON'T KNOW?
BETTER TURN OVER



Meat and jarred sauces like curries are some of the most carbon-intensive foods. But they are some of the most common student foods. We found they account for 60% of the total emissions of all cooked foods.

Chicken is associated with fewer carbon-emissions than red meat. In theory, it's a better alternative. But we found that some students already eat a lot of chicken: it turns up in 1/3 of main meals. After pasta, it's the most frequently cooked food.

Consequently, it is the single biggest source of carbon emissions from student cooking in our study.

Cheese, sausages and bacon are other popular foods with high emissions. But potatoes (yes even chips!) are low carbon.



When cooking, it takes less energy to fry something (like a sausage) than to grill it. And less energy to boil than to bake (e.g. potatoes) – and it's more efficient to use the kettle to get the water boiling, rather than the hob. It also takes less energy to cook a shared meal with a friend or flat-mate than to cook separately. But this is rare. Surprising really, since many students enjoy cooking and eating with others.

The cooker can use between 12-20% of total electricity consumption in a campus flat.

But, by eating lots of meat, jarred sauces, cheese and pizza, these emissions are outweighed by those associated with producing and supplying the food itself: by almost four times! Changing the type of food eaten can dramatically reduce an individual's impact on the climate. That means less meat, and more veg like potatoes.




What easy, student meals don't involve meat and a jarred sauce?

How many chickens do you and your housemates eat each week?

What meals would you like your flatmates and friends to share with you?

What do you think the lowest carbon meal you've had lately is?
Was it meat-free?

For questions & ideas search: @getitsud 

Findings from research on campus, 2011-2012.
More: bit.ly/18Kipad