



# Let's Go On the Low Carbon Diet!

## What is the Low Carbon Diet?

The Low Carbon Diet is Bon Appétit Management Company's program to reduce greenhouse gas emissions from food service operations, and to educate our staff and guests about how food contributes to climate change.

When it comes to climate change and global warming, most people only think about cars and light bulbs. However, many different parts of the food system also contribute greenhouse gases to the environment. For example:

- Fossil fuels used to run cars, trucks, airplanes, refrigerators, stoves and ovens produce carbon dioxide
- Over-use of fertilizer and excessive irrigation on farms contributes nitrous oxide
- Ruminant animals (cows, sheep and goats) emit methane gas during digestion.

## Why are we doing this?

- The entire food system contributes 1/3 of the world's greenhouse gases.
- The typical American diet consisting of a high percentage of red meat may contribute more to global warming than driving a typical sedan.
- The energy used to produce food that is wasted in the U.S. (3% of total U.S. energy) roughly equals the total carbon footprint of Bangladesh!
- Need more reasons? Visit the Low Carbon Diet page on [www.CircleofResponsibility.com](http://www.CircleofResponsibility.com)

## What exactly is Bon Appétit going to do?

A whole lot! We are implementing over 20 procurement initiatives to reduce greenhouse gas emissions in the highest impact areas of our business by 25%. Specifically, Bon Appétit is purchasing all meats and vegetables from North America; reducing the amount of beef and cheese purchased and served; eliminating air-freighted seafood; and decreasing purchases of tropical fruits. Reducing packaging and minimizing food waste are also part of the Low Carbon Diet.

For a complete list, check out [www.CircleofResponsibility.com](http://www.CircleofResponsibility.com).

(Turn over to learn how YOU can go on the Low Carbon Diet)

## How can YOU make a difference?

We've developed several tools to help you make low carbon food choices.

1. Low Carbon Diet Calculator ([www.eatlowcarbon.org](http://www.eatlowcarbon.org))

This fun, interactive calculator reveals the relative carbon impacts of specific foods and is based on best-available science. Drag and drop menu items, ingredients or suggested meals onto your virtual skillet and see how your food choices are contributing to climate change.

2. Low Carbon Diet Text Messaging

Want to know if a food is a high or low carbon choice while you're on-the-go? Text 69866 with the message **LCD** and the food item you're considering. We'll text you back with our scientific assessment. (standard text messaging rates apply)

3. Low Carbon Diet Pocket Guide

Carry this handy wallet-size reference guide around with you so you'll always know how to make a low carbon choice. Don't leave home without it!

### Top Five Low Carbon Diet Tips

**1. You Bought It, You Eat It – Don't Waste Food**

When you waste food, you waste the energy used to grow, transport and cook it. In landfills, food waste releases methane gas, a highly potent greenhouse gas. Buy and prepare only the food you expect to eat. If you don't finish it all in one sitting, save the leftovers.

**2. Make "Seasonal and Regional" Your Food Mantra**

Foods that are in season in your region are generally lower in carbon. Those should be your first choice. Be careful not to buy produce grown in greenhouses or hot-houses heated with non-renewable energy even if they're close to you.

**3. Mooove Away From Beef and Cheese**

Livestock creates 18% of the world's greenhouse gas emissions. If you eat meat and cheese, consider reducing portion sizes, selecting these items less frequently, and eating only those products you REALLY love.

**4. Stop Flying Fish and Fruit – Don't Buy Air-Freighted Food**

For seafood and out of season produce, "fresh" often means "air-flown" which is 10 times more emission-intensive than transporting products by ship. The best quality seafood is usually 'processed and frozen at sea' and local produce tastes better.

**5. If It's Processed and Packaged, Skip It**

Snack foods, most juices, even veggie burgers (prepared, boxed, frozen and transported) consume a lot of energy. We eat this stuff mindlessly. When you need a treat or an "easy grab," choose fresh local fruit, small quantities of nuts, and delicious homemade alternatives.