

Net Zero: For Dinner

How Your Dinner Can Save The

Could there be a world where your favourite meal doesn't cost the planet?
Sounds impossible? Think again!

Sustainable dinning is the future

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Within the ever changing climate we live in the race to achieve net zero by 2050 is on! It's not just about changing our energy sources or where we buy our clothes from. What we eat could be the key to reducing global carbon emissions.

1KG of Lamp generates around 24KG of CO2
Dairy produces 3.6% of GHG

Your Carbon Footprint Dinner...

Have you ever considers how much CO2 is behind your morning eggs on toast or steak dinner?

Our diets contribute to around 30% of globally emissions. Including everything from how our food is produced and transported and packaged around the world. Meat heavy diets are the biggest offenders for increasingly global emissions.

Beef production contribute to more emissions than all of transport.

Switching to plant-based diets could reduce your food foot print by 73%

How your Plate Stacks up!

Food item	GHG Emitted Per Serving
Chicken Breast	5KG
Burger	25KG
Avocado	1.5KG

The Silent offender wasted

Three steps to avoid food waste...

- 1

Planning meals
- 2

Composting
- 3

Reusing leftovers



Action!!

Food choices will shape the planet, trying out plant-based meals or meal planning will help shapes our future