



**CARBON
IMPACT**



Carbon impact labelling in LSE Catering outlets



Why carbon impact labels?

- Food production currently accounts for about 25% of the world’s greenhouse gas emissions¹.
- Meat generally has a much larger carbon footprint than plant products, as growing food to feed animals requires much more land and resources, and ruminants such as cows or lamb produce methane which is a potent greenhouse gas.
- Reducing our meat intake is an impactful way to reduce our carbon footprint and tackle climate change.
- Carbon impact labels help to raise awareness of the carbon impact of different food types and encourage positive choices.
- Our labels are based on data from the World Resources Institute.

(1) <https://ourworldindata.org/food-ghg-emissions>

PROTEIN SCORECARD

What you put on your plate has a large impact on the environment. Research by WRI and its partners shows that meat and dairy are generally more resource-intensive to produce than plant-based foods, increasing pressure on land, water and the climate. Small dietary shifts—such as switching from beef to pork, or poultry to beans—can significantly reduce agricultural resource use and greenhouse gas (GHG) emissions. Use this scorecard to lower your diet’s impacts in a way that works for you.

Read more at wri.org/shiftingdiets

Join the conversation [#ShiftingDiets](https://twitter.com/ShiftingDiets)

	FOOD	IMPACT (GHG emissions per gram of protein)	COST (Retail price per gram of protein)
LOW	Wheat		\$
	Corn		\$
	Beans, chickpeas, lentils		\$
	Rice		\$
	Fish		\$\$\$
	Soy		\$
	Nuts		\$\$\$
	Eggs		\$\$
MEDIUM	Poultry		\$\$
	Pork		\$\$
	Dairy (milk, cheese)		\$\$
HIGH	Beef		\$\$\$
	Lamb & goat		\$\$\$

Lighter shade shows emissions from agricultural production, darker shade shows emissions from land-use change.

How Much Protein Do You Need?

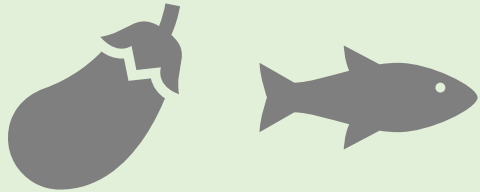
The average daily adult protein requirement is **56g** for a man and **46g** for a woman but many people consume much more than they need.





Carbon impact labels – Catering staff guide

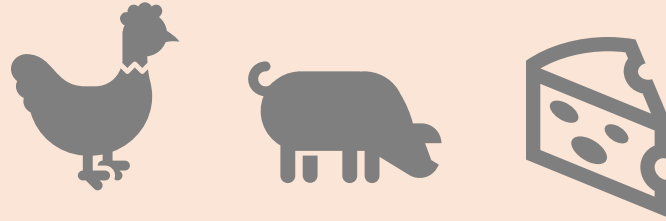
What is the main component of the dish?



plants - fish



Low carbon impact



chicken - pork - dairy



Medium carbon impact



beef - lamb



High carbon impact



Tuesday 24 August 2021

LSE Garrick Lunch Menu

Columbia House, Houghton St, Holborn, London WC2B 4RR

Achari vegetable curry - £5.00 (vg)



Aubergine, potato, onion, spinach and chickpeas cooked in medium Indian spices and tomato, served with rice

Thai cod curry - £5.90



Responsibly sourced cod loin fillet steamed and served with shiitake mushrooms, mange tout, baby corn and beansprouts cooked in red Thai spices and coconut milk, served with sesame coated egg noodles

Herb and spice marinated sirloin steak - £5.70



Red Tractor sirloin steak marinated in basil infused with pine nuts and spices, chargrilled and served with chips, grilled tomato and sauteed mushrooms

Key (v) = vegetarian (vg) = vegan

