

WHAT SIZE IS YOUR "FOOD" PRINT?

IMPORTANT QUESTIONS TO ASK YOUR FOOD?

**Where did it come from
and how did it get here?**

Transportation of food produces
a lot of greenhouse gases.

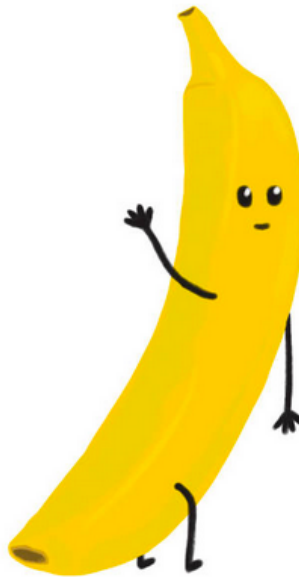
What's its life story?

How was it
made/grown/produced?

**What resources were
required to produce it?**

eg. Water, Land, Fossil Fuels...?

**What are the main
ingredients?**



**Does this product match
my values?**

eg. Were the people involved in
producing this product treated
fairly? Were animals treated
humanely?

**Is this product climate
friendly?**

**How does eating this
product make me feel?**

Why am I eating this?

**Is there an alternative
to this product that I
would feel even better
about?**