







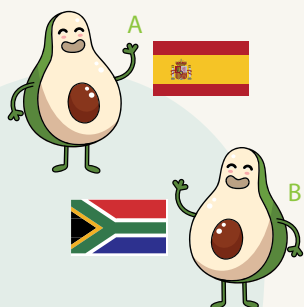
Imagine that you are shopping with your family. Use the table below to help you make the food choice that is best for the environment (has the lowest food miles). Remember, buying food from within Ireland, produced locally, is often the more sustainable option.

The table below lists some of the countries which send food to Ireland and the number of miles that food travels to get to Ireland.

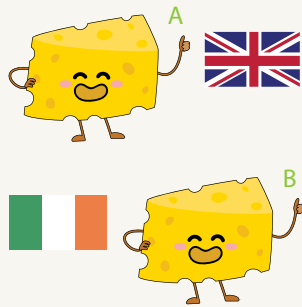
From	Miles to Ireland
 South Africa	✈✈✈✈✈✈✈✈ 5,840 miles (9,397 kilometres)
 Spain	✈ 902 miles (1,451 kilometres)
 Ivory Coast	✈✈✈ 3,214 miles (5,172 kilometres)
 England	✈ 288 miles (463 kilometres)
 Costa Rica	✈✈✈✈✈✈ 5,167 miles (8,314 kilometres)
 Ireland	-----

*all figures are rounded estimates and sourced from foodmiles.com

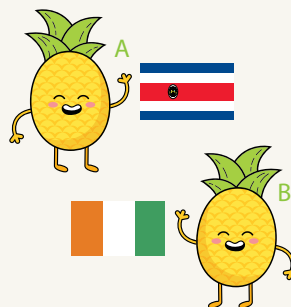
Circle the avocado with the lowest food miles



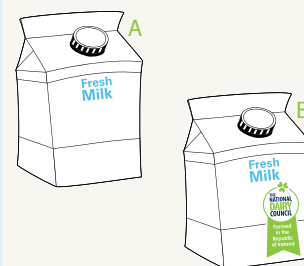
Circle the cheese with the lowest food miles



Circle the pineapple with the lowest food miles



Circle the carton that shows you that your milk is farmed in the Republic of Ireland



Want to explore further?

1. Visit [foodmiles.com](https://www.foodmiles.com) with an adult/guardian to track some of the food miles from your fridge!
2. Visit www.bordbia.ie/whats-in-season/best-in-season/calendar/september to download a 'Best in Season' calendar. Hang this up in your home so you can be more mindful in the market!