







Imagine that you are shopping with your family. Use the table below to help you make the most sustainable choice (the food choice that is the best for the environment.) 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.

Travelling 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)
 United Kingdom	288 miles (463 kilometres)
 Costa Rica	5,167 miles (8,314 kilometres)
 Ireland	-----

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

1. You find two types of avocados in the market. One label says 'South Africa'. The other label says 'Spain'. Which one has the lowest food miles?

The avocado from _____
has the lowest food miles.

2. You find two types of cheddar cheese in the market. One label says 'Somerset, England'. The other label says 'Cork, Ireland'. Which one has the lowest food miles?

The cheddar cheese from _____
has the lowest food miles.

