



Eco-friendly food

Week Three Challenge

The challenge this week is to conduct a pantry audit to find out what percentage of your total pantry items are imported?

Why is this important?

Although the value of food miles as the key indicator of the carbon foot print of a food item has been questioned, there are still sound reasons to consider where your food comes from, including the distance it has travelled and the method of travel, when making purchasing choices. The transport of foods over long distances can consume large quantities of fuel and energy in processing and storage. Purchasing our Australian made and produced food items also supports a viable farming industry in Australia and long term food security through the preservation of agricultural land.



How to complete the challenge: Step 1: Read the rationale for reducing your food miles which can be found under the *Buy Locally (What Can I do?)* section of this website. The section on food labeling is going to be especially useful for this week's challenge.

Step 2: Examine each food label on all your pantry items and decide whether the item is Australian made/produced or imported.

Step 3: Complete the *Pantry Audit* below by entering the name of each food item under one of the two headings; Australian made/produced or imported.

Step 4: Count up the total number of *Product of Australia* and *Made in Australia* items and the total number of imported items separately.

Step 5: Calculate the percentage of imported pantry items

$$\% \text{ of imported pantry items} = \left(\frac{\text{number of imported items} \times 100}{\text{total number of items}} \right)$$

Step 6: Next time you are shopping, look for *Product of Australia* (preferred) and *Made in Australia* items to substitute for some of the overseas products you currently purchase.

You might want to do this audit every so often to see if you are reducing the food miles of items in your pantry.

I was surprised to find out how many of my pantry items had been imported from overseas. Now I'm aware of it, it is easy to check the food label and give preference to Australian items. Fiona



Pantry Audit

Date: _____

Items made/produced in Australia (food item and brand)	Items imported (food item & country)
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.
11.	11.
12.	12.
13.	13.
14.	14.
15.	15.
16.	16.
17.	17.
18.	18.
19.	19.
20.	20.
21.	21.
22.	22.
23.	23.
24.	24.
25.	25.
26.	26.
27.	27.
28.	28.
29.	29.
30.	30.
31.	31.
Total number of Australian items = _____	Total number of imported items = _____
Percentage of imported items in my pantry = _____ = $\left(\frac{\text{imported items}}{\text{total number of items (imported + Australian items)}} \right) \times 100$	