**Ymarfer 8**

**How far your food travels has serious consequences for the climate**

People are rediscovering the benefits of buying local food. It’s good for the local economy because buying directly from local farmers helps them stay in business. Buying local also means that your food isn’t travelling long distances by plane, train, truck, or ship, all of which consume energy and produce pollution, thereby contributing to global warming and unhealthy air quality.

Put simply, food miles are the distance food travels from where it is grown to where it is ultimately purchased or consumed. Food miles — and the resulting pollution — increase substantially when we consider produce and goods imported from distant countries. In developed nations like ours, food is travelling further to reach consumers and international food trade is increasing more rapidly than increases in population or food production. Today, a typical prepared meal contains, on average, ingredients from around five foreign countries.

Not only are the distances that food travels from farm to market important, but the modes of transport also have a significant impact on how much pollution is generated. For example, importing food by air creates far more greenhouse emissions than imports by ship.

Although there are some exceptions, in most cases locally produced food is the best choice for minimizing global warming and pollution. In fact, one study has shown that, even if all locally grown food were combined, it would still produce fewer carbon dioxide emissions in transport than any one imported product.

[addasiad o erthygl ar *food-hub.org*]