



Franciscan Action Network

Transforming the World in the Spirit of St. Francis and St. Clare

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How do our Food Choices affect the Environment?

(Courtesy of Susan Concannon at Immaculate Conception Church in Durham, NC)

1. To make 10 gallons of Florida orange juice that will go to a breakfast table in Michigan requires one gallon of fuel. How much water is required to produce this orange juice?
 - a) 10 gallons of water
 - b) 100 gallons of water
 - c) 200 gallons of water
2. In the U.S., 80% of the tomato varieties have been lost (become extinct) in the past century.

True False

3. Which adds more greenhouse gases to the atmosphere?
 - a. motorized vehicles
 - b. airplanes
 - c. the livestock industry
 - d. cigarette smoke
4. Plastic water bottles and plastic grocery bags take 50 years to decay back into the earth.

True False

5. Washington State is the source of more than half of all fresh eating apples in the United States. An apple grown in Washington and eaten in North Carolina is shipped about 3,000 miles and uses up 2 cups of gasoline to get to a store in North Carolina.

True False

6. Which one of these is a false statement?
 - a. 60 million bottles a day are being thrown away into landfills in the US
 - b. bottled water costs 500 times more than tap water
 - c. 1 billion people worldwide lack access to safe drinking water
 - d. none of the above

7. A 12-ounce steak contains 940 calories. How much fossil fuel energy is used in raising the cattle to produce this meat?
- a. 5000 calories
 - b. 15,000 calories
 - c. 30,000 calories
 - d. who cares, I'm a vegetarian

8. The food on a typical American dinner plate travels a total of roughly 10,000 miles from where it's grown to where it's package to where it's sold.

True False

9. Eighty percent or more of the grain grown in the U.S. is fed to cows. It takes between 10 and 16 pounds of grain to produce one pound of meat.

True False

10. The world's cattle alone consume enough to feed 8.7 billion humans.

True False

11. Buying organic food over conventionally-grown food is always the best choice for the environment.

True False

12. A family of four could save an estimated \$11.35 a week, or \$590 a year by:

- a. switching from paper to cloth napkins
- b. turning down your thermostat
- c. by eating all of the food that you buy
- d. eating at fast food restaurants

13. Which choice(s) below helps to respect the earth?

- a. buying multiple small packets of food, because there's less waste
- b. buying in bulk to reduce packaging
- c. doodling a walrus on your homework
- d. shopping at the local farmer's market
- e. more than one of the above