

What Are Food Miles?

A "food mile" is the distance food travels from the farm to the store where you buy it, and these miles are costly to the environment. They are, in fact, among the fastest-growing sources of greenhouse gas emissions worldwide. Long-haul trucking requires enormous amounts of fossil fuel, the combustion of which releases carbon dioxide and other pollutants into the atmosphere. Keeping food cold and unbruised requires even more fuel in the form of refrigeration and packaging. And let's not forget the impact of long-distance flyers such as apples from New Zealand and Chilean grapes. Distances have been increasing in recent decades, as foods increasingly are imported.

Add it all up, and it's clear: If your food earned airline frequent-flier miles, you'd be jetting to Europe for free. A Swedish study looked at the ingredients of a typical Swedish breakfast -- apple, bread, butter, cheese, coffee, cream, orange juice, and sugar - and determined the food traveled a distance equivalent to the circumference of the earth. That's 24,901 miles.

Moral: By buying fresh local foods, less fuel is burned to get a meal to you. Plus, notice how it usually tastes more flavorful and fresher.

[More information on food miles](#)

Here is a great website on [The Hidden Effects of Food Miles](#)

Do you want to know how to reduce the food miles you eat? [Click here!](#)

