SMART EATING: FOOD AND CLIMATE CHANGE AUDIT SHEET

DATE:

TEAM:

VENUE:

NAMES:

CITY OF CAPE TOWN | ISIXEKO SASEKAPA | STAD KAAPSTAD

THIS CITY WORKS FOR YOU

FOOD TYPE	PRODUCTION		PACKAGING				TRANSPORT				STORAGE			PREPARATION				TOTAL	COMMENTS
Describe the type of food to be audited	Organic	Conventional	None	Recycled	Recyclable	Non-recyclable	Home / School	Local / Regional	National	Imported	Open air	Fridge	Freezer	Raw	Cooked	Deep fried	Processed	Total number of points per food item – less is more	Any comments that might influence scoring
POINTS	0/1	2/3	0	1	2	3	0	1	2	3/4	0	1/2	3	0	1	2	3/4		
TOTAL																			TOTAL

AUDIT SHEETS

A simple audit sheet has been compiled for use at the school or home. Learners need to consider the various food types available at the school tuck shop and score them according to the different impact areas such as production, transport, packaging etc. This will then give them a simple analysis of how different food types impact on climate change in different ways.

Below is an outline of the different food types and impact areas. You need to consider all the different items individually to determine where they come from and what their impact is. The aim is to get an accurate score per item and which will assist learners to chose products with the lowest score as they should have the lowest impact on the environment and climate change.

FOOD TYPE

Describe the type of food to be audited, e.g. chocolate bar, chips, fizzy drink, ice-lolly, apple, carrot, meat pie. If unsure, break it down and take an average e.g. hamburger consists of a bread bun, patty, tomato, cheese, etc. Add the score up and divide by the number of items to determine an average. If there is a mixture of items, then always use the "worse case".

PRODUCTION

Organic / Free range (1) Agriculture without pesticides, artificial fertilisers, genetic modification and sewage waste, as well as livestock that is reared free range (If organic seasonal fruit or vegetables is used, then score 0).
Conventional (3) Standard farming techniques (If seasonal fruit or vegetables is used, then score 2).

PACKAGING

No packaging (0) No packaging associated with product, e.g. carrots from a food garden
Recycled (1) Packaging that is already being recycled at the school e.g. tin cans, glass bottles, cardboard, plastic bottles with a poly logo such as PET.

Recyclable (2) Packaging that can be recycled at the school in the future e.g. tin cans, glass bottles, cardboard, plastic bottles with a poly logo such as PET.
Non-recyclable (3) Packaging that cannot be recycled e.g. cling wrap / tin foil / chips bags / polystyrene / tetra pack (juice carton box with foil, cardboard and plastic composite).

TRANSPORT

Home / school (0) Made / grown at home or school
Local / Regional (1) Cape Town or Western Cape Region
National (2) Anywhere within South Africa, incl Lesotho and Swaziland.
Imported (4) Imported from any other country, 3 points if from within the Southern African region.

STORAGE

Open Air (0) Any open air or pantry storage, e.g. chips, fruit, sweets
Fridge (2) Products that need to be kept in a fridge, e.g. cold drinks, milk, cheese. If refrigerated only after opening then score only 1 point.
Freezer (3) Products that need to be kept in a freezer, e.g. ice cream, frozen foods.

PREPARATION

Raw (0) Any products that are consumed without any cooking e.g. fruit.
Cooked (1) Any products that need to be cooked or re-heated locally before consumption e.g. home made lasagne.
Deep fried (2) Any products that are deep fried on-site e.g. "slap" chips.
Processed (4) A set of procedures used to produce a product, most commonly in the food and chemical industries. Any products that have been processed in a factory, e.g. chocolates, bread, meat pies, chips gets a 3 score and if it additionally needs to be re-heated prior to consumption then it gets a 4 score.