

# Familien Bø Christensen

# The Bø Christensen Family



## Familien Bø Christensen, København - 2.096,31 kr. pr. uge

Heine (35), Alvar (3), Lais (33) og Balder (1) - én uges mad i september.

Korn og anden stivelseshøflig mad: 42 kr. (heraf økologisk: 189,60 kr.) - 4 kg hvedemel ø; 1 kg grønbanan ø; 1 kg spidsmed ø; 110 g risikø ø; 250 g fuldkorns fettucini ø; 4 stk./216 g croissant; 250 g knækbrød ø; 1 kg *Imra's* havegrøn ø; 400 g *Imra's* Galette; risikø ø

Mælteprodukter: 138,75 kr. (heraf økologisk 138,75 kr.) - 500 g ca

mæltekorn ø; 3 l Naturrekkeført mælk ø; 597 g *Them* Ost ø; 150 g ca

menihør ø

Kød, fisk og egg: 294,61 kr. (heraf økologisk 227,66 kr.) - 900 g hakket oksekød ø; 1,1 kg *Anglamark* egg ø; 600 g kyllinglår ø; 450 g læskemækked; 200 g leverpostej ø; 300 g *Hånegård* posler ø; 440 g *Holbø* Loins fisk ø

Frugt, grøntsager og nødder: 358,05 kr. (heraf økologisk 358,05 kr.) - 2,4 kg hakkede tomater ø; 720 g oliven ø; 100 g salat mix ø; 520 g citroner ø; 5,9 kg *Årstdidernes dogme* grøntsagskasse med danske grønt og frugt ø; 1,2 kg bananer ø; 1,3 kg rød grapefrugt ø

Krydderier og tilbehør: 70,95 kr. (heraf økologisk 20 kr.) - 50 g gær;

250 g marmelade ø; 450 g honning.

Snacks: 67,95 kr. (heraf økologisk 0 kr.) - 825 g saltet fisk lakrids, 200 g Lay's salted chips.

Ferdigmat: 342 kr. - familien har i ugens løb haft en gæst til middag til take-away.

Fastfood: 260 kr. - Sushi menu og 1 lasagne.

Restauranter og cafeer: 82 kr. - 1 espresso; 1 dobbelt espresso; 1 espresso ø; 2 croissanter.

Drikkevarer: 262,40 kr. (heraf økologisk 252,50 kr.) - 33 cl *Bjørnebyrg* Øl; 500 g espresso bonner ø; 6; 750 g *Imra's* Mocha Bonner ø; 1,5 l Novas Chardonnay Vin ø.

Ø angiver at varen er økologisk

■ angiver varer produceret uden for Europa

1 alt eksklusivt færdigmad, fastfood, restauranter og cafeer: 1,412,31 kr.

## Denmark Denmark

Befolknings: 5.534.738 Population: 5.534.738

Befolknings i hovedstadsområdet: 1.180.000 Population of Metro Copenhagen: 1.180.000

Areal i kvadratkilometer: 43.098 Area in square miles: 16,640

Befolkningsstæd pr. kvadratkilometer: 128 Population density per square mile: 332

Bybefolknings: 87% Urban population: 87%

Gennemsnitlig levetid kvinder/mænd: 77/81 år Life expectancy, male/female: 77/81 years

Fødestatsrate (fødsler pr. kvinde): 1,8 Fertility rate (births per woman): 1,8

Andel af landbrugsareal, som er økologisk dyrket i 2007/1997: 5/1,4% Share of farmland that is organically grown in 2007/1997: 5/1,4%

Kystlinje pr. indbygger og i alt: 1,5 m/7.314 km (længere end den kinesiske mur)

Antal øer: 407 Number of islands: 407

Dagligt kaloriedintag pr. person: 3.416 kalorier Caloric intake available per person: 3,416 calories

Antigt alkoholforbrug pr. person (ren alkohol): 11,1 l Annual alcohol consumption per person (alcohol content only): 11,7 quarts

BNP pr. person i KKP (købekraftspartiet, 2002): \$30.940/185.640 kr. GDP per person in PPP (Purchasing Power Parity, 2002): \$30,940

Samlede årlige sundhedsudgifter i kr. pr. person og i % af BNP: 26.600 kr./8,4%

Antel overvegtige, mænd/kvinder: 55/41% Overweight population, male/female: 55/41%

Størkt overvegtige, mænd/kvinder: 13/12% Obesity population, male/female: 13/12%

Antel af befolkningen over 20 år med diabetes: 4,7 Percent of population, age 20 and older, with diabetes: 4,7

Forbrug af sukker og sodemidler pr. person pr. år (2005): 50 kg Available supply of sugar and sweeteners per person (2005): 110 pounds

Kodikorbug pr. person pr. år: 86 kg Meat consumption per person per year: 190 pounds

Antal svin: 12.500.000 Number of pigs: 12,500,000

McDonald's-restaurant: 83 McDonald's restaurants: 83

Prisen på en Big Mac: 28,50 kr. Big Mac price: \$4.90

Cigaretter pr. person over 15 år pr. år: 1.789 Cigarette consumption age 15 and older per year: 1,789

## The Bø Christensen Family of Copenhagen - \$349.39 per Week

Heine (35), Alvar (3), Lais (33) and Balder (1) - one Week's Food in September.

Grains & Other Starchy Foods: \$36.60 including organic \$30.60  
- 4 kg wheat flour ø; 1 kg wholemeal flour ø; 1 kg spelt flour ø; 110 g rice crackers ø; 250 g of whole grain fettuccini ø; 4 pcs. /216 g croissants; 250 g crisp bread ø; 1 kg *Imra's* oatmeal ø; 400 g *Imra's* Galette, rice crackers ø

Dairy: \$23.13 including organic \$23.13 - 500 g butter ø; 3 l *Naturrekkeført* whole milk ø; 597 g *Them* Cheese ø; 150 g camembert cheese ø

Restaurants and Cafes: \$13.67 - 1 espresso, 1 double espresso; 1 espresso ø; 2 croissants.

Beverages: \$43.73 including organic \$42.08 - 33 cl *Bjørnebyrg* Beer; 500 g of espresso beans ø; 750 g *Imra's* Mocha Beans ø; 1.5 l Novas Chardonnay Wine ø.

jam ø; 450 g of honey.

Snacks: \$11.32 including organic \$0 - 825 g salty licorice, 200 g Lay's salted chips.

Prepared Food: \$57 - the family has had a guest for take away dinner this week.

Fastfood: \$43.33 - Sushi menu and one lasagna.

Meat, fish and Eggs: \$49.10 including organic \$37.94 - 900 g minced beef ø; 1,1 kg *Anglamark* eggs ø; 600 g chicken ø; 450 g salmon meatballs; 200 g liver pâté ø; 300 g *Hånegård* posler ø; 440 g *Holbø* Loins fish ø

Fruits, vegetables and nuts: \$64.18 including organic \$64.18 - 2.4 kg crushed tomatoes ø; 720 g olives ø; 100 g salad mix ø; 520 g lemons ø; 5,9 kg *Årstdidernes dogme* vegetables box of Danish vegetables and fruit ø; 1,2 kg banana ø; 1,3 kg red grapefruit ø

Condiments: \$11.83 including organic \$3.33 - 50 g yeast, 250 g

Total without prepared food, fast food, restaurants and cafes: \$235.38.

Ovenstående tal stammer fra årene 2007-10, med mindre andet er angivet.  
Kilder: Danmarks Statistik, UNDP, FAOSTAT, McDonald's, WHO, The Economist, Rockwool Fonden, Det Nationale Diabetes Register samt Ministeriet for Sundhed og Forebyggelse.

Foto: Henning Sjøstrøm

# Middagsforberedelser



Familien Bø Christensen gør klar til aftensmad

Familien Bø Christensen er en ung familie med 2 små børn og lav indkomst.

De spiser stort set kun økologisk mad.

Selv om familien Bø Christensen er en ung børnefamilie med lav indkomst, valgter de økologisk, når de koger madvarer. Valget falder på grøntsager og frugt, ikke på tilsat, da familiens købemønster består i hovedsagen af økologisk køb. Det er også vigtigt for dem, at deres børn kan få et godt måltid for at holde sig sundt.

Lais gik til hånden under madlavningen, snittede grøntsager og bagede brød, mens Heine fibredede lasagnen. Lasagnen er nemlig Heines ret. Retten blev fremstillet fra bunden af økologiske varer og brødet bagt hjemme, som det er naturligt for familien at gøre.

- Så ved vi, hvad der er i det. Men vi er ikke hellige med det, vi spiser take-away cirka en gang om ugen. Det kan for eksempel være indisk, burgere, pizza eller sushi. Ofte er det pizza, for vi har et fantastisk italiensk pizzaria lige rundt om hjørnet.

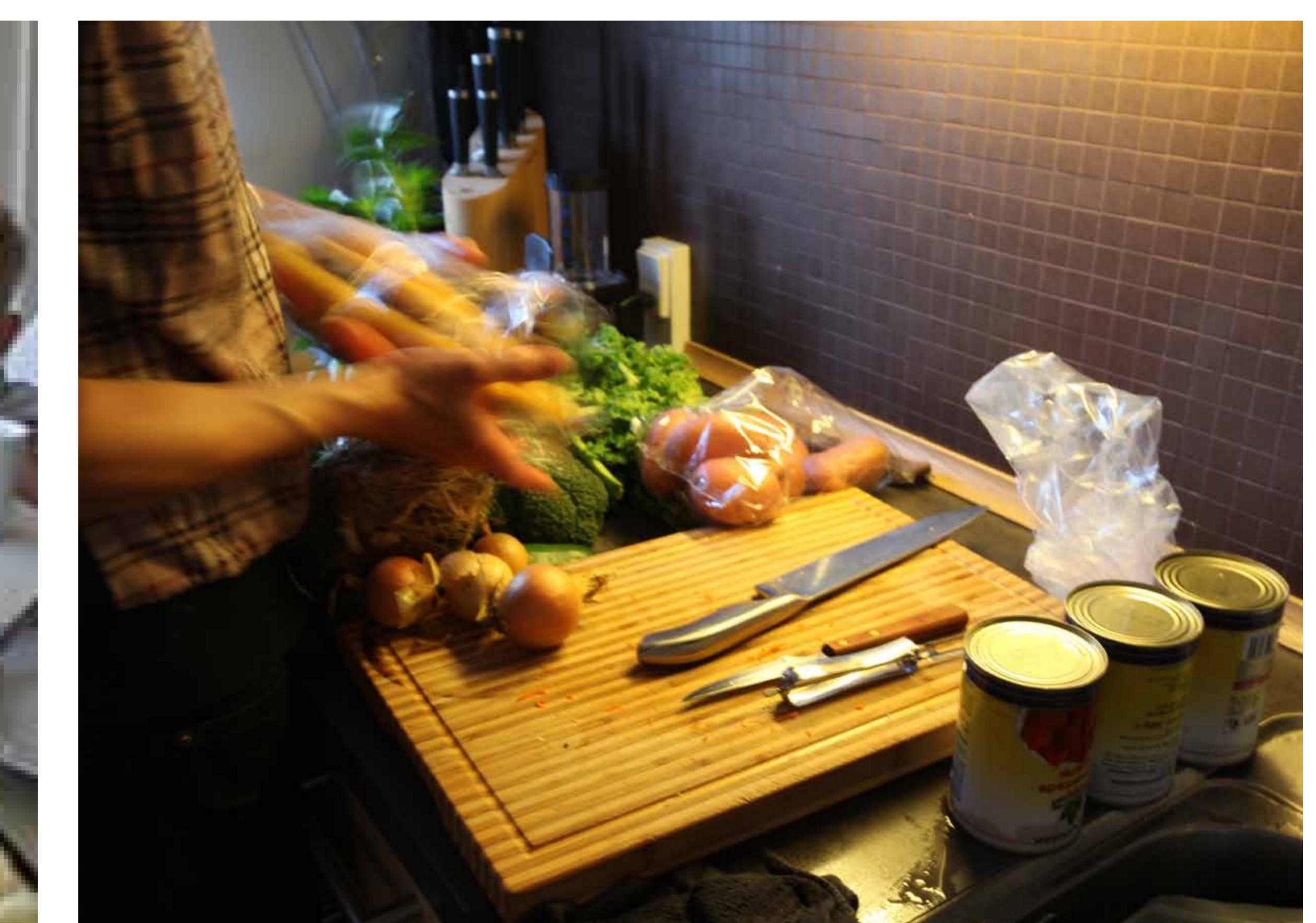
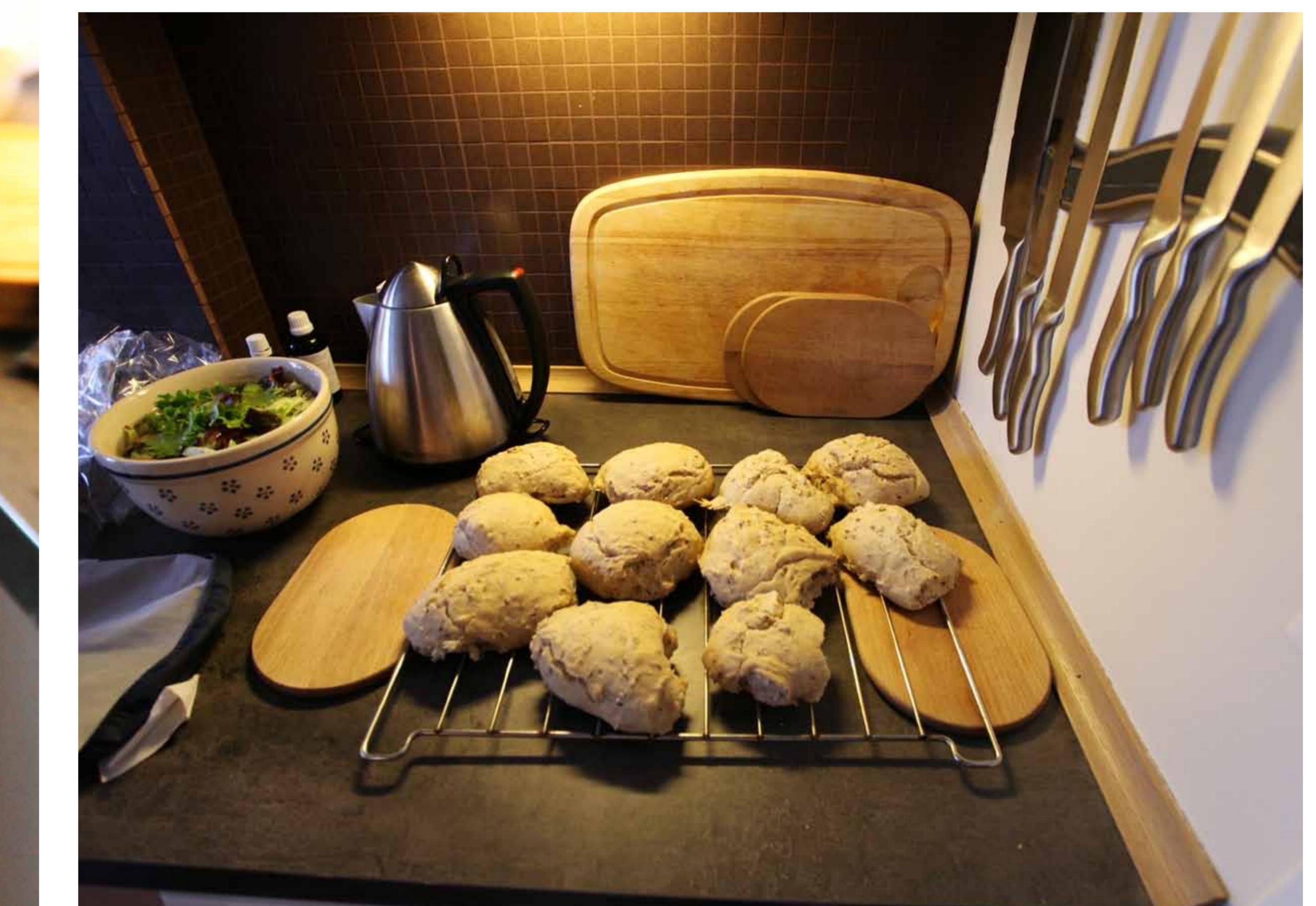
Buger økologisk indkøbsforening

Groentegagene, som Lais snitter til lasagnen, kommer fra det landdekkende firma '2Aastiderne', som har leveret danske økologiske grøntsager og frugt hver 14. dag. Sidén er familien begyndt at bruge den lokale indkøbsforening 'Fodevarerfællesskabet'. Her henter de selv grøntsagerne og leverer jævnligt nogle timer arbejde i fælleskabet.

- Det er fint, at grøntsagerne nu er billigere, men det betyder ikke

Danmark Denmark

# Dinner Preparations



The Bø Christensen Family Prepares for Dinner

The Bø Christensen family is a young family with two small children and low income.

They eat almost exclusively organic food.

Although the Bø Christensen family is a young family with low income, they choose organic when buying food. This night they chose lasagna because the meat was on sale, when the family was shopping. The family often buys organic meat on sale to keep the price down.

Lais was helping during cooking, chopped vegetables and baked bread, while Heine made the lasagna. Lasagna is indeed Heine's dish. The dish was made from scratch from organic products and bread baked at home as is natural for the family to do.

- So we know what is in it. But we are not fanatics with it and we eat take-away about once a week. This could be Indian food, burgers, pizza or sushi. Often it is pizza, because we have a great Italian pizzeria just around the corner.

**Uses organic purchasing association**

The vegetables that Lais are chopping for the lasagna, are from the nationwide company Aastiderne (The Seasons), who delivered the Danish organic vegetables and fruit every 14 days. Since then, the family started using the local purchasing 'Food Community'. Here you pick up the vegetables yourself and contribute with some regular work hours in the community.

- It's nice that the vegetables now are cheaper, but it means as much that they are grown by local farmers in Zealand (Sjælland).

And the idea that it is a community, where you meet and sort the vegetables together and that it is a nonprofit organization means a lot.

The children went hungry while the lasagna was cooked, so they went to the dinner table before the parents, each with a homemade bun.

**Is supposed to be fun**

- We bake ourselves because it's "fun", not to save money. It is also delicious with homemade bread, and then you know what is in it. Sometimes we eat vegetarian, but it is also more of desire than because of the economy. We aim at throwing away as little as possible. Almost every day, I bring leftovers in my lunch box.

The family suggest that organic products may be expensive because the typical customer of organic shopping do not care much about the price. They themselves have previously attempted to save money by shopping at discount stores. By checking prices at different stores on the Internet. But it took them too long time to go to more shops. So now most of the Bø Christensen shopping is done in Irma, who has a large supply.

- We don't think any longer much about the fact that it's more expensive to buy organic - for us there is no alternative, concludes the Bo Christensen family.

# En 1-uges køkkenundersøgelse

# A One-Week Kitchen Study



## Familien Bø Christensen

Da familien Bø Christensen gennemførte undersøgelsen af deres madforbrug i en uge, fik de sat fokus på, hvor meget emballage der er rundt om varerne.

- Vi synes det har været sjov at være med i undersøgelsen, fordi vi blev meget mere bevidste om vores madforbrug og hvad, det betyder for belastningen af miljøet. Vi lagde for eksempel mærke til, at Imas riskiks er produceret i Danmark, og at Nettos, som er billigst, kommer helt fra Asien. Det fik os til at tænke over, at der var flere mere tydelige oplysninger på varerne - både om hvor den er produceret, hvor den har ligget på lager og er pakket.

### Når beholderen vejer mere end indholdet

Familien fik sat fokus på, hvor meget affald, de smider ud fra køkkenet. På en uge samlede de alt deres torre affald i en pose og komposterede det organiske affald.

- Det gik også op for os hvor stor forskel, der er på emballageindgangen for de forskellige madvarer. Nogle madvarer er for eksempel på glas, og vejer beholderen nogen gange langt mere end indholdet. Heine, som oprindeligt er fra Norge, kan fortælle:

- I Norge kan man sortere pap og plast til genbrug samme sted, som allevever til konkerten paa. Det er langt mere besværligt i Danmark, hvor man normalt skal længere væk for at komme af med glas og pap.

### Ookologisk med plads til mere liv

Hvordan lever en økologisk på en lav indkomst? Hele 81% af familiens indkøb var økologiske. Af undersøgelsen ses, at udgifterne blev holdt nede, fordi familien:

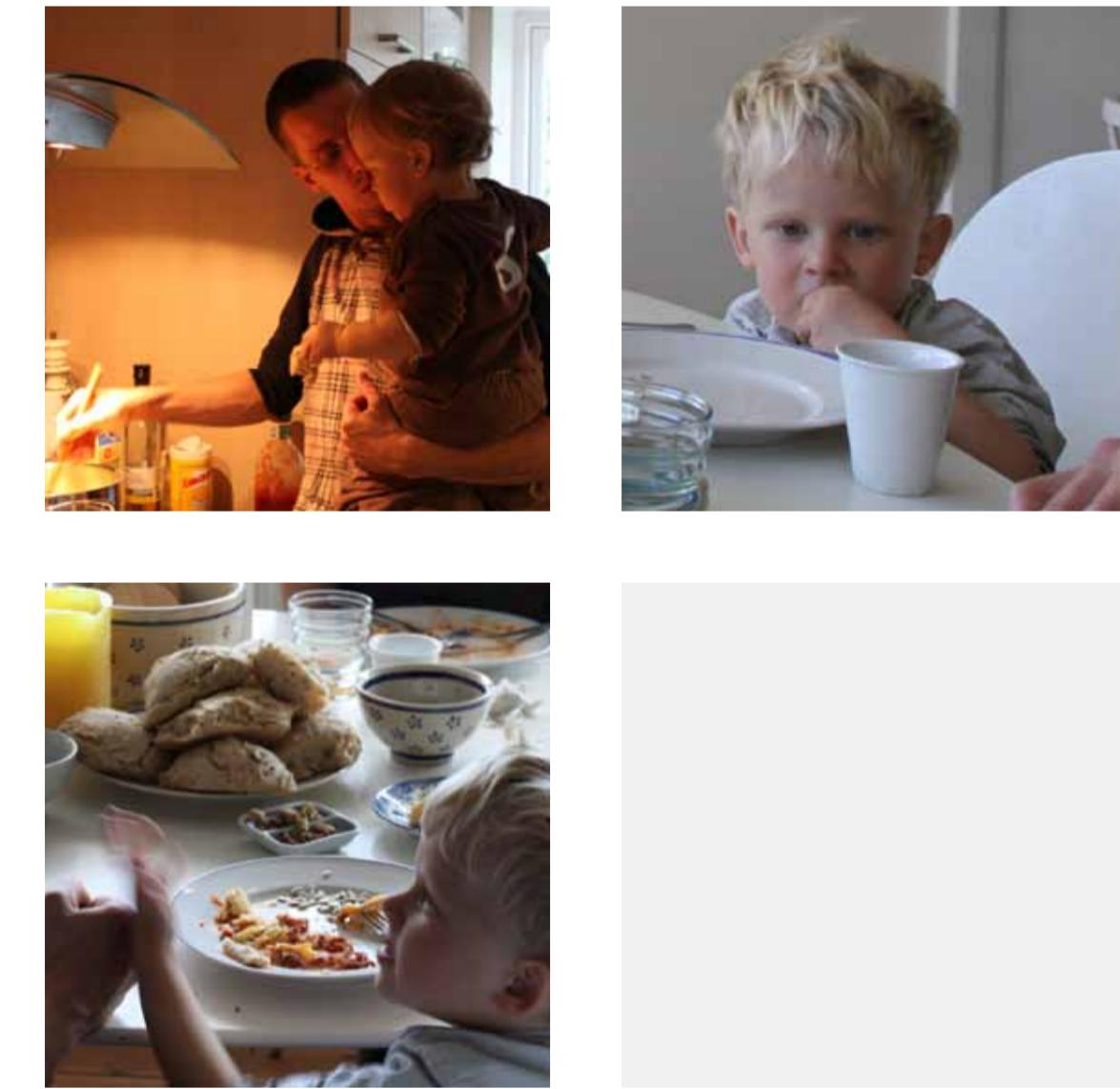
- laver mad fra bunden og kun køber få forarbejdede madvarer og inter færdigmat
- køber flere økologiske varer på tilbuds - især kød
- bager eget brød
- spiser rester
- spiser vegetarisk ind mellem
- spiser betydeligt mere grønt end kød.

Samtidig er der plads i budgettet til at nyde livet med café besøg og en hyggelig aften med take-away og vin i selskab med en gæst.

### Prioriterer mad frem for bil og rejse

En uges forbrug af almindelige madvarer kostede familien 1.412 kr. Lægger ikke en bil i parkeringen, men budgettet op på 1.729 kr. Det vil ifølge dem bringe farre nytte på frugt og grønt, end at de slækker til det lokale indkøbsstedsselskab.

- Vi har aldrig lågt budget. Når vi har råd til at købe økologisk, er det nok fordi vi ikke har hår, men er medlem af en delhållersforening. Vi har heller ikke nogen boligelag, og vi rejser ikke meget sydpå, fortæller familien Bø Christensen.



## Tjek din egen mad

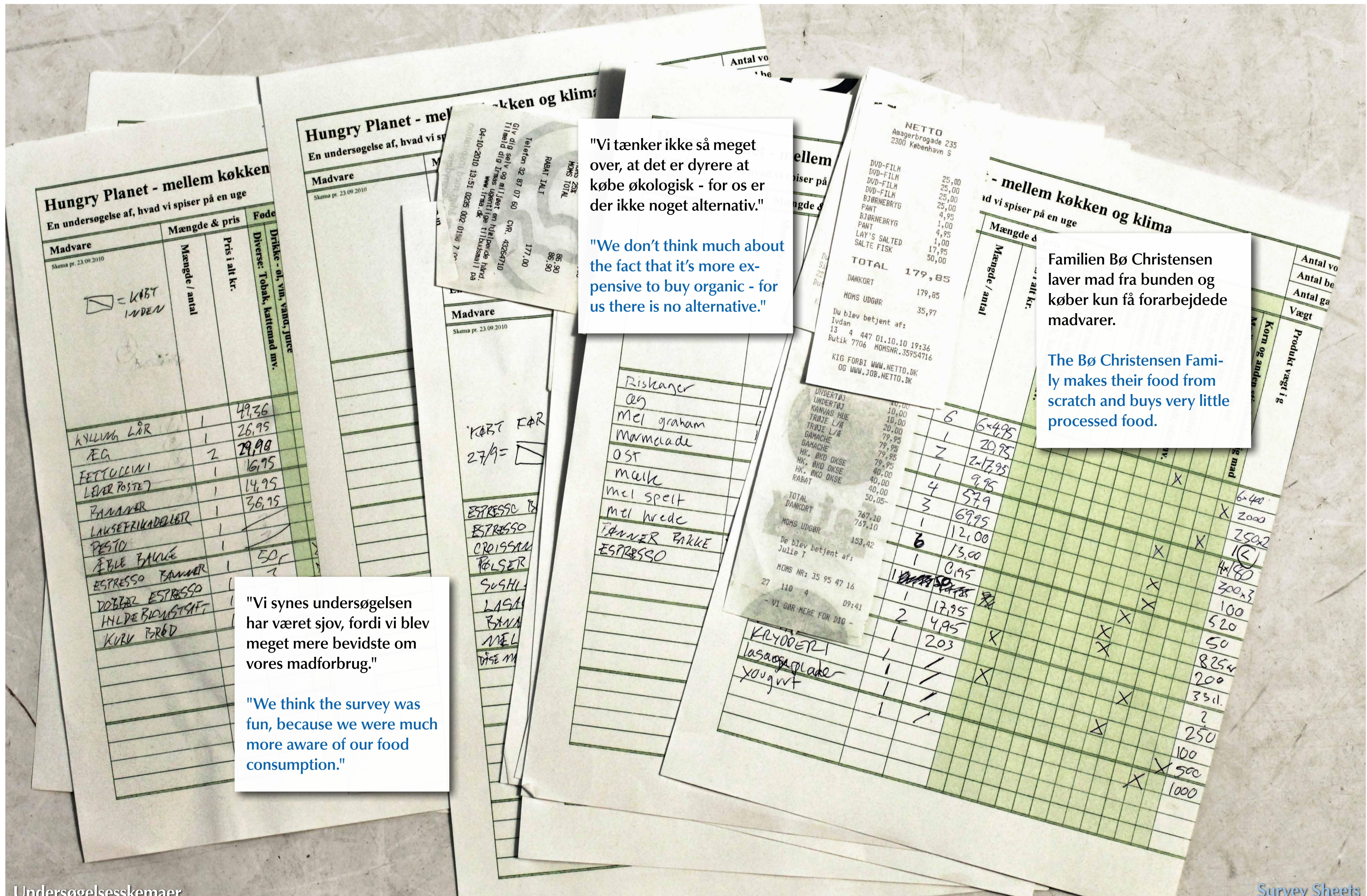
På [www.hungryplanet.dk](http://www.hungryplanet.dk) kan du finde en vejledning til selv at kigge din mad efter i sammene.

Vi vil gerne invitere dig til selv at lave en undersøgelse af den mad, jeres familie eller du selv spiser. Ved at skrive ned over nogle dage eller en uge, kan du få en god opslag om hvilkenlænge dine madvalg er.

Det betyder for eksempel meget for madens klima- og miljøbelastning, om din kost består af en stor del kød- eller kalvekød, og om du spiser få eller mange økologiske varer. Og så betyder det noget, om du spiser mange fødevare, der kommer fra landet du bor i ved Danmark. Eller om du spiser lokale producenter og spiser efter årstiden. For din sundhed betyder det meget, om du får de anbefalede 600 g grøntsager om dagen, og om du spiser varer.

### Hvor klimavenlig er din mad?

Vil du vide mere om din mad, kan du gå på [www.hungryplanet.dk](http://www.hungryplanet.dk) finde en vejledning til en enkel beregning, der går dinne madvarer efter i sammene. Du kan teste, om din mad minder om 'Gennemsnitlig dansk hverdagsmad', og om du spiser mere eller mindre grønt og økologisk end gennemsnittet.



## The Bø Christensen Family

As the Bø Christensen family did the one week investigation of their food consumption, they got a new focus on how much packaging there is around the products

- We think it was fun to participate in the survey, because we were much more aware of our food consumption and what it means to the environmental impact. For example we noticed that Irma rice crackers are produced in Denmark, and the crackers in Netto, which are cheaper, come from Asia. It made us think that there ought to be more clear information on the product - both about how it is produced and where it has lain in storage and where it is packed.

**When the container weighs more than the content**

The family did focus on how much garbage they throw out from the kitchen. In one week they collected all their dry garbage in a bag and composted all the organic waste.

- We realized how much difference in quantity of packaging there is for the different foods. For example some food is in glass jars, and here the container sometimes weighs far more than the content.

Heine who is originally from Norway, can tell:

- In Norway you can sort the cardboard and plastic for recycling the same place as you hand in your kitchen waste. It is much more convenient in Denmark, where one usually goes farther away to get rid of glass and paper.

### Ecology and time to enjoy life

How can we live eco-friendly on a low income? 81% of the purchases of the family were organic. The survey shows that costs were kept down because the family is:

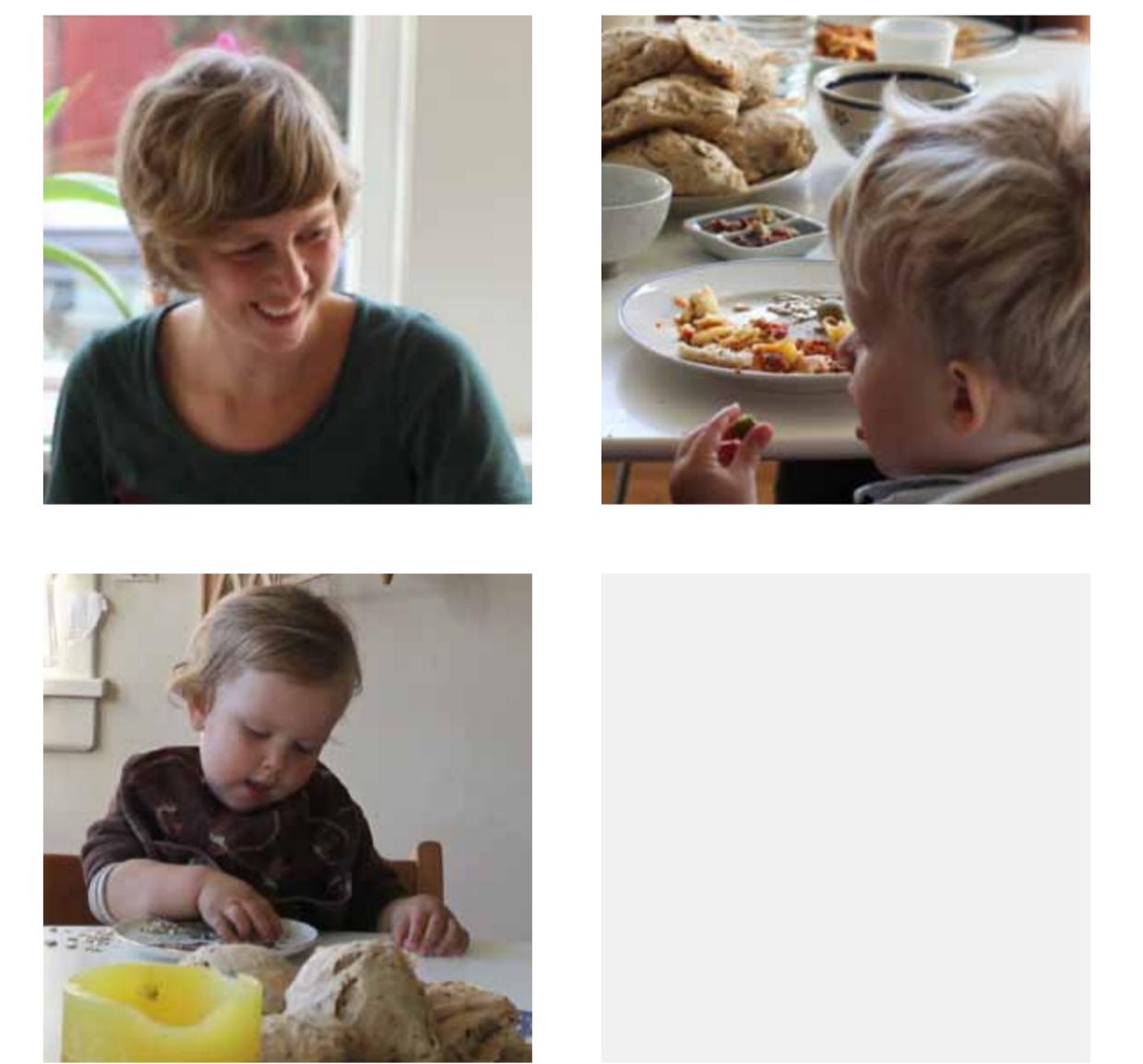
- cooking from scratch and only buys little processed foods and no prepared food
- buys more organic products on sale - particularly meat
- bakes its own bread
- eating leftovers
- sometimes eats vegetarian
- eats significantly more vegetables than meat.

While there is still room in the budget to enjoy life with café visits and a pleasant evening with take-away food and wine with a guest.

### Food rather than a car and travels

One week's consumption of common foods costs the family \$235.39. Adding the cost of airfares and flights, the food budget rises to \$292.39. In the future the family will spend less on fruits and vegetables after switching to the local shopping community.

- We have never made a budget. Us being able to afford to buy organic is probably because we don't have a car, but are members of a car sharing club. We don't have a housing debt and we don't travel south very often, says the Bø Christensen family.



## Do it Yourself

On [www.hungryplanet.dk](http://www.hungryplanet.dk) you can find a guide to check out your own food.

We invite you to make a study of the food you or your family consume. Keeping track for a few days or a week, gives you a good sense of how your choices of food affect the climate.

For example it means much to the climate and the environmental impact, if your diet consists of large portions of beef or veal and if you eat few or many organic products. And it matters if you eat a lot of food from countries far away from Denmark. Or if you eat locally produced food and seasonal food. For your health it matters if you eat the recommended 600 g of vegetables per day and if you eat a varied diet.

### How climate friendly is your food?

If you want to know more about your food, you can find instructions for a simple calculation at [www.hungryplanet.dk](http://www.hungryplanet.dk), which analyzes your eating habits. You can test whether your food resembles 'Average Danish Foods', and if you eat more or less meat, vegetables and organic than average.

**Undersøgelseskemaer** Survey Sheets

## Familien Bø Christensen nøgleresultater The Bø Christensen Family Key Findings

Madindkøb	Food shopping
Økologisk andel af budget*: 81%	Organic share of budget*: 81%
Færdigmad: 0%	Prepared Food: 0%
Fastfood og café: 342 kr.	Fast food and cafe: \$57
Korn, ris, pasta, kartofler, andel af budget*: 19%/8 kg	Grains & other starchy foods, share of budget*: 19%/8 kg
Mejeriprodukter, andel af budget*: 12%/4 kg	Dairy, share of budget*: 12%/4 kg
Kod, fisk og æg, andel af budget*: 26%/4 kg	Meat, fish & eggs, share of budget*: 26%/4 kg
Grot, frugt og nødder, andel af budget*: 31%/4 kg	Fruits, vegetables and nuts, share of budget*: 31%/4 kg
<b>Affald fra køkkenet på en uge</b>	
Kompost: 2,9 kg	Compost: 2,9 kg
Andet køkkenaffald: 1,4 kg	Other kitchen waste: 1,4 kg

\* "Andel af budget" er beregnet som procentdel af det samlede indkøb i kr. eksklusive udgifter til drikkesvarer, fastfood, café- & restaurantbesøg.

\* Share of budget\* is calculated as percentage of total purchases in \$ excluding expenses for drinks, fast food, cafe & restaurant visits.