

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: **kr. 219,60** 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* havregryn 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 læskemækkere; 200 g leverpostej ø; 300 g *Hånegård* poser ø; 440 g *Holbø* Loin's 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 alkoholbrug 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%** Total annual health care expenditure per person in \$, and as percent of GNP: **\$5,216/8,4%**

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**

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

Antal svine: **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**

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.

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 *Naturnælk* 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.

■ indicates that the product is organic

□ declare goods produced outside Europe

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

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 kører 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 bagte 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.

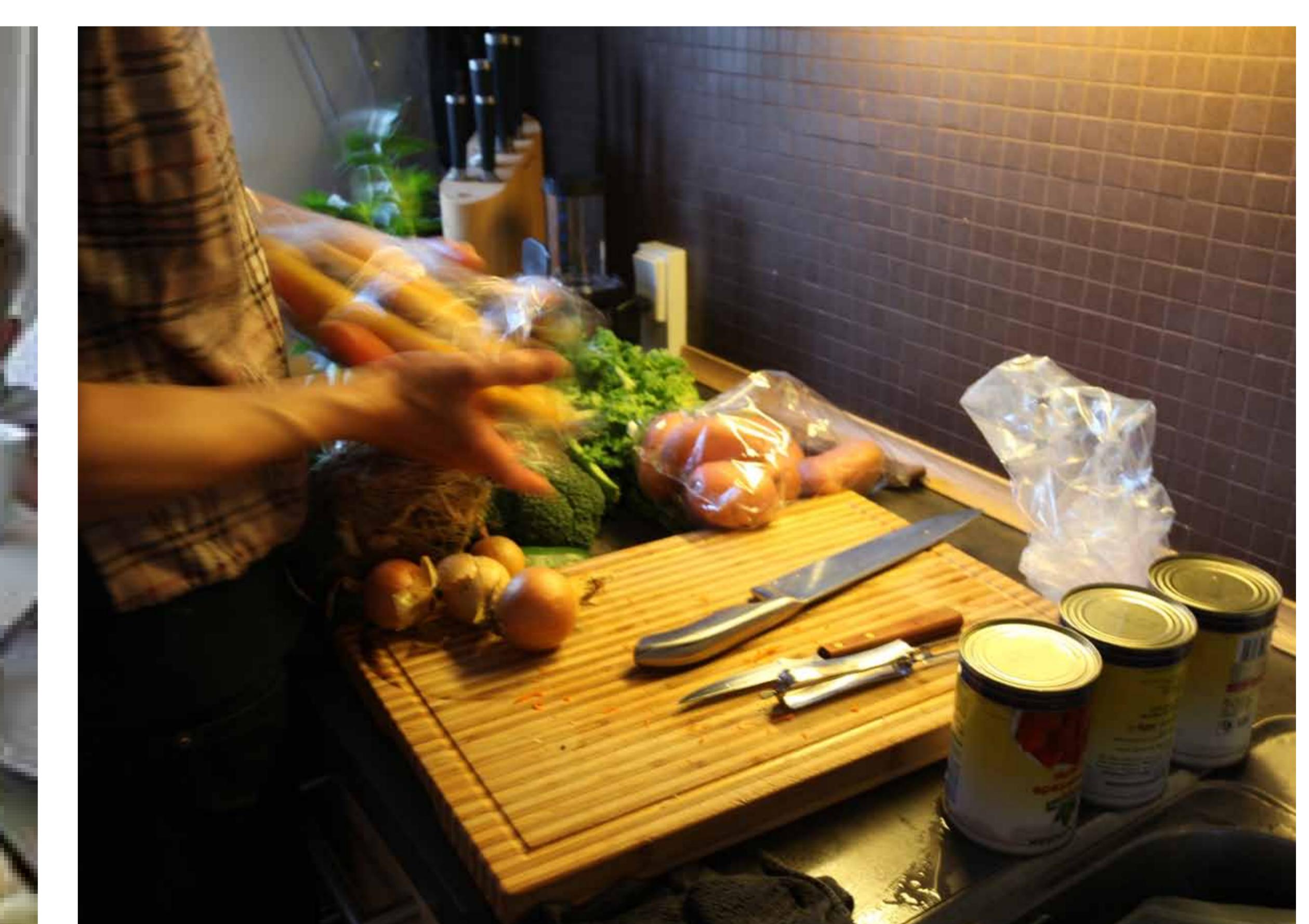
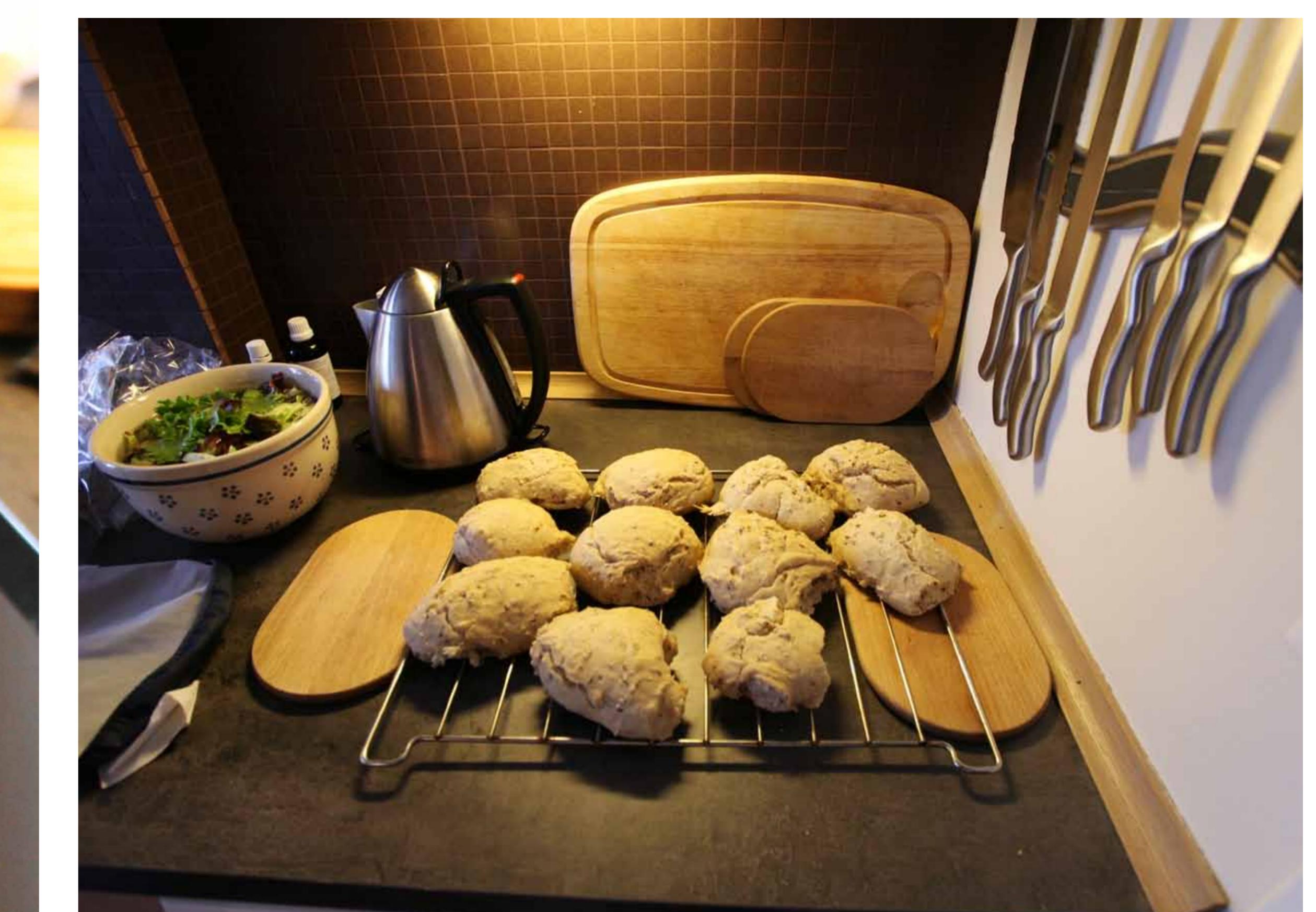
Buger økologisk indkøbsforening

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 nogenlunde 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 man leverer til konkertenaf. 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 økologisk på en lav indkomst? Hele 81% af familiens indkøb var økologiske. Af undersøgelsen ses, at udgifterne blev holdt nede, fordi familien:

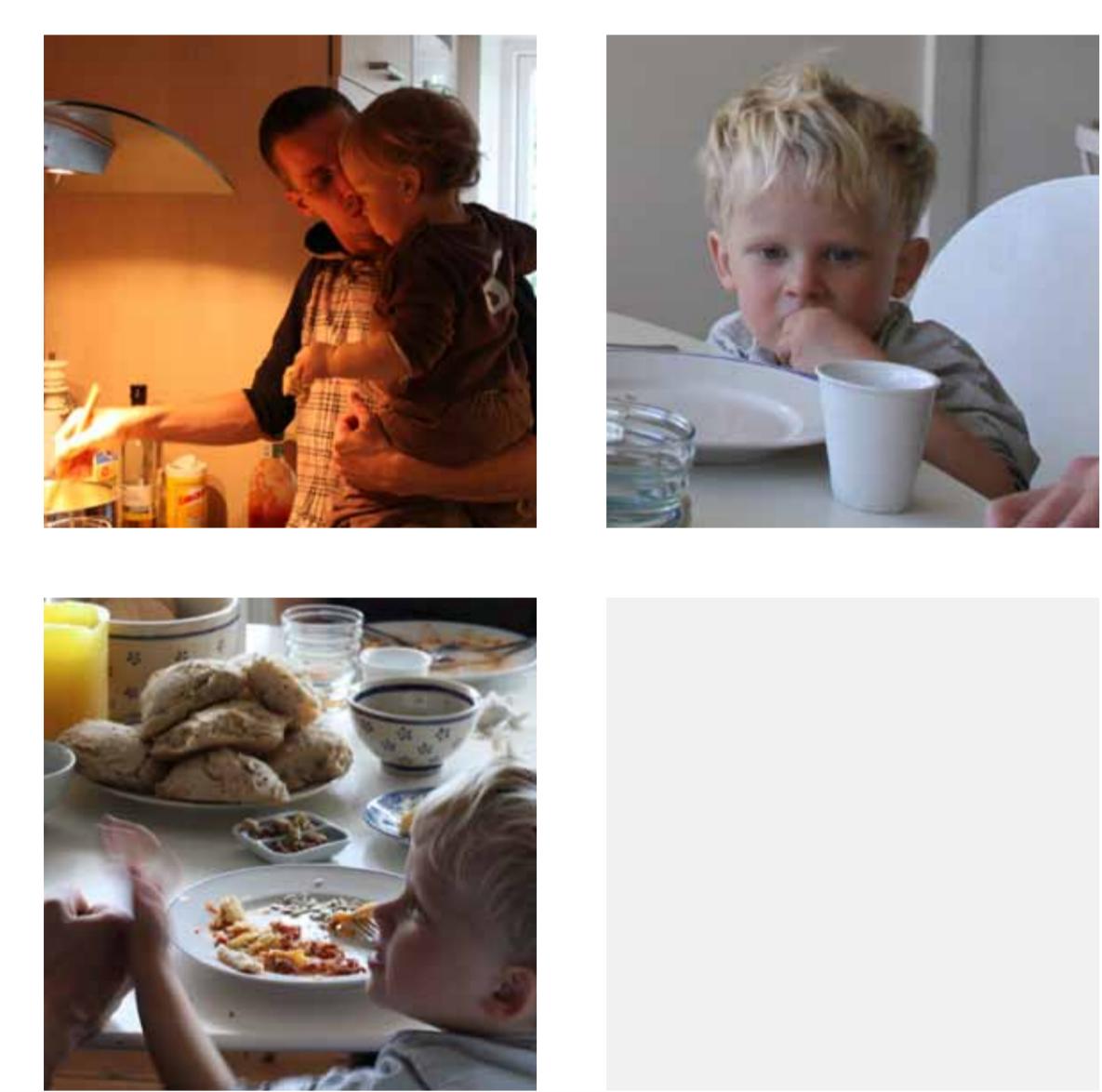
- laver mad fra bunden og kun køber få forarbejdede madvarer og inter færdigmat
- køber flere økologiske varer på tilbuds - især kød
- bager eget brød
- spiser rester
- spiser vegetarisk ind mellem
- spiser betydeligt mere grønt end kød.

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 til brøjre

En uges forbrug af almindelige madvarer kostede familien 1.412 kr. Lægger ikke en penge til, men med et mindre budgettet op på 1.225 kr. vil familien bringe farre penge på frugt og grønt, end at de er skiftet til det lokale indkøbsstedsselskab.

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



Tjek din egen mad

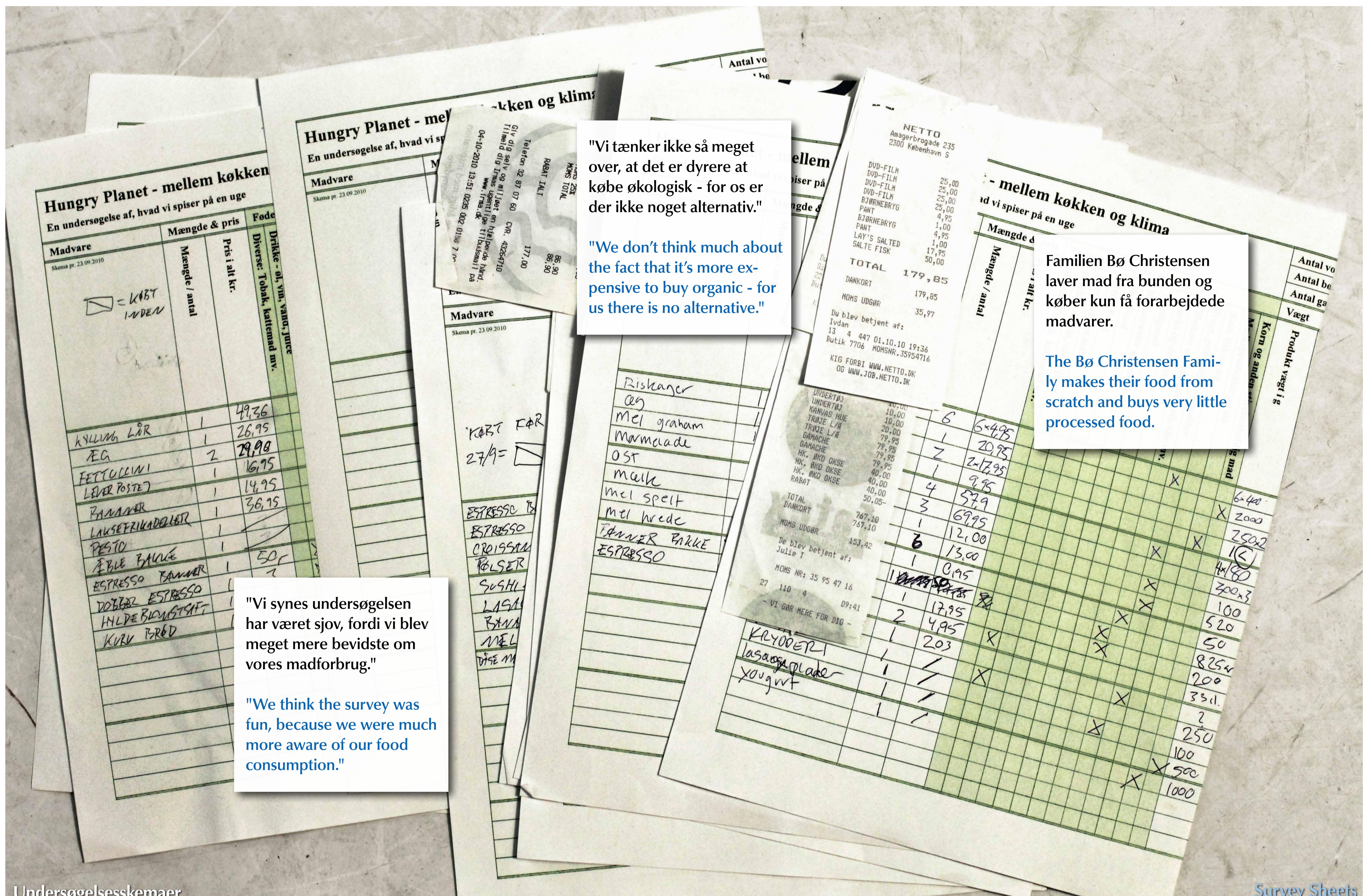
På www.hungryplanet.dk kan du finde en vejledning til selv at kigge din mad efter i sammene.

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 til, hvor klimavældne 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, og ikke fra Danmark. Eller om du spiser lokale producenterne fødevarer 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 klimavældig er din mad?

Vil du vide mere om din mad, kan du på 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:

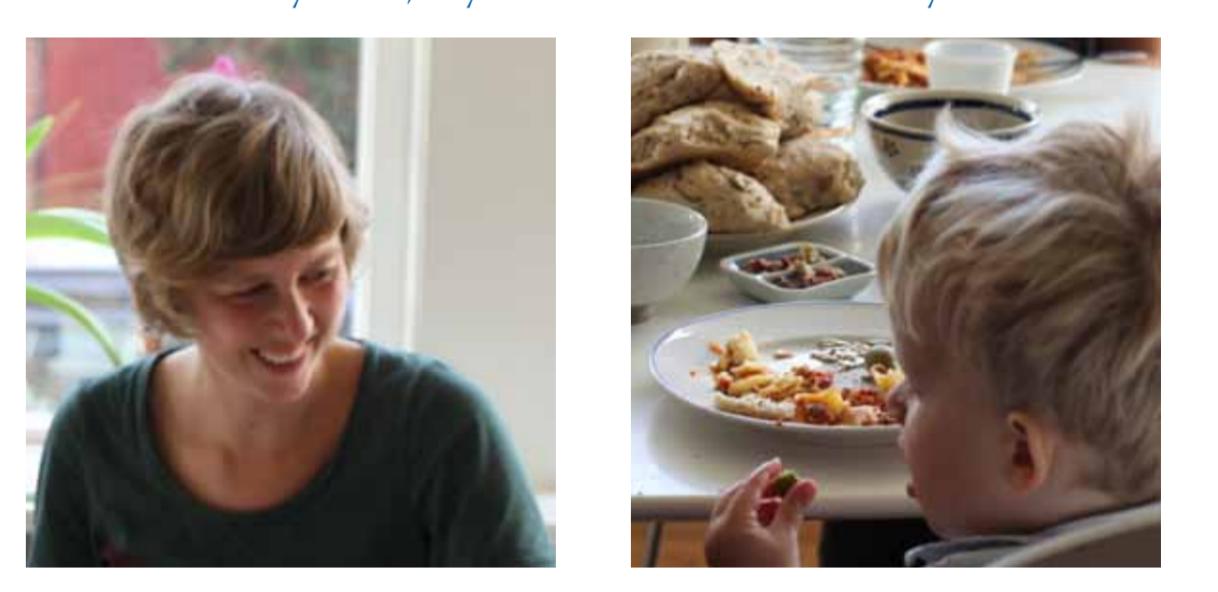
- cooking from scratch and only buys little processed foods and no prepared food
- buys more organic products on sale - particularly meat
- bakes its own bread
- eating leftovers
- sometimes eats vegetarian
- eats significantly more vegetables than meat.

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 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, 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
Affald fra køkkenet på en uge	
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.

Familien Al Awssi

The Al Awssi Family



Familien Al Awssi, København - 2.560,50 kr. pr. uge

Ali, Lone og Hannibaal (14) - én uges mad i oktober.

Korn og anden grædelskålfig mad: 244 kr. (heraf økologisk 57 kr.)

- 500 g Læsegrøde; 252 g croissant; 250 g brødfløde; De Cecco pasta 500 g ø; 108 g teballe; 108 g 50 g brødkeks; 120 g croissant; 200 g rugbrød; 500 g Irma's Frugtbord ø; 450 g boller til riste; 1,5 kg kartofler; 900 g Irma bread.

Mæjetproducenter: 101 kr. (heraf økologisk 58 kr.) - 2 l mælk ø; 175

- 500 g ost; 225 g Camembert; 240 g Culura yoghurt med ananas; 150 g revet Gouda ø; 408 g æg ø.

Kød, fisk & æg: 383 kr. (heraf økologisk 248 kr.) - 500 ml Irma's

hakkede bøfkon; 395 g ø; 1 kg kalkunek fra lokal slakter, spis

300 g og resten er frosset; 1,2 kg hakket øksekød ø; 250 g DGS

kalkunbacon; 540 g kylling fra De Fem Gærd ø.

Frugt, grøntsager og nødder: 172 kr. (heraf økologisk 119 kr.) - 550

g tomater; 250 g agurk; 150 g salat; 1,24 kg Fair Trade bananer

ø; 250 g hvide bonner; 1,75 g salat ø; 450 g linser; salat; 250 g

gulerodder; 250 g hjemmelavede rødbeder fra familien i Jylland.

Krydderier og tilbehør: 22 kr. (heraf økologisk 0 kr.) - 70 g tomat

koncentrat; 205 g sennef.

Snacks: 151 kr. (heraf økologisk 24,50 kr.) - 4 stk. Summerbird flodeboller; 175 g Kims chips; 100 g Irma's chokolade ø; 150 g Walkers Biscuits.

Ferdigmat: 151 kr. (heraf økologisk 0 kr.) - 500 ml Irma's Mornay

Sauce; 355 g pizza; 1 kg Irma's Sauce; 225 ml Miracle Whip mayonaise. Familien kører frokost i køkkenet eller spiser frokost i byen. Det er ikke medregnet i opgørelsen.

Restauranter og cafeer: 1.100 kr. - familien har i ugens løb spist en

gang på deres "færdagsrestauranter".

Driftevarer: 236,50 kr. (heraf økologisk 197 kr.) - 1,5 l Chardonnay

vin ø; 40 kapsler Nestlé kaffe ø 8 g ø; 750 ml St. Paul Viognier vin.

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Kystlinje pr. indbygger og i alt: 1,5 m/7.314 km (længere end den kinesiske mur)	Coastline per inhabitant and total: 1,5 m/7.314 km (longer than the Great Wall of China)
Antal øer: 407	Number of islands: 407
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The Al Awssi Family of Copenhagen - \$426.75 per Week

Ali, Lone og Hannibaal (14) - one Week's Food in October.

trate, 205 g mustard.

Snacks: \$25.17 (including organic \$0.08) - 4 pieces Summerbird pasta 500 g ø; 108 g scone; 250 g poppy seed roll; 120 g croissants; 200 g rye burns; 500 g Irma's Fruit Bread ø; 450 g burns to toast; 1,5 kg potatoes ø; 900 g Irma bread.

Dairy: \$16.83 (including \$9.68) - 2 liters of milk ø; 175 g grated cheese ø; 150 ml yogurt ø; 340 g Galuhu yoghurt with pineapple; 150 g grated Gouda cheese ø; 408 g eggs ø.

Meat, Fish & Eggs: \$63.83 (including organic \$41.33) - 500 g chopped beef ø; 395 g egg ø; 1 kg veal from a local butcher, eating 300 g and the rest are frozen; 1,2 kg minced beef ø; 250 g DGS turkey bacon; 540 g chicken from De Fem Gærd ø.

Fruits, Vegetables & Nuts: \$28.67 (including organic \$19.83) - 500 g tomatoes ø; 250 g cucumber; 250 g cucumber ø; 150 g lettuce; 1,24 kg of Fair Trade bananas ø; 250 g white beans ø; 175 g salad ø; 450 g lentil salad; 250 g carrots ø; 250 g homemade beetroot from the family in Jutland.

Condiments: \$3.67 (including organic \$0) - 70 g of tomato concen-

trate

trate

Restaurants and cafes: \$183.33 - once during the week the family has eaten at their "everyday restaurant".

Beverages: \$39.42 (including organic \$32.83) - 1.5 liter Chardonnay wine ø; 40 capsules Neslé coffee each 8 g ø; 750 ml St. Paul Viognier wine.

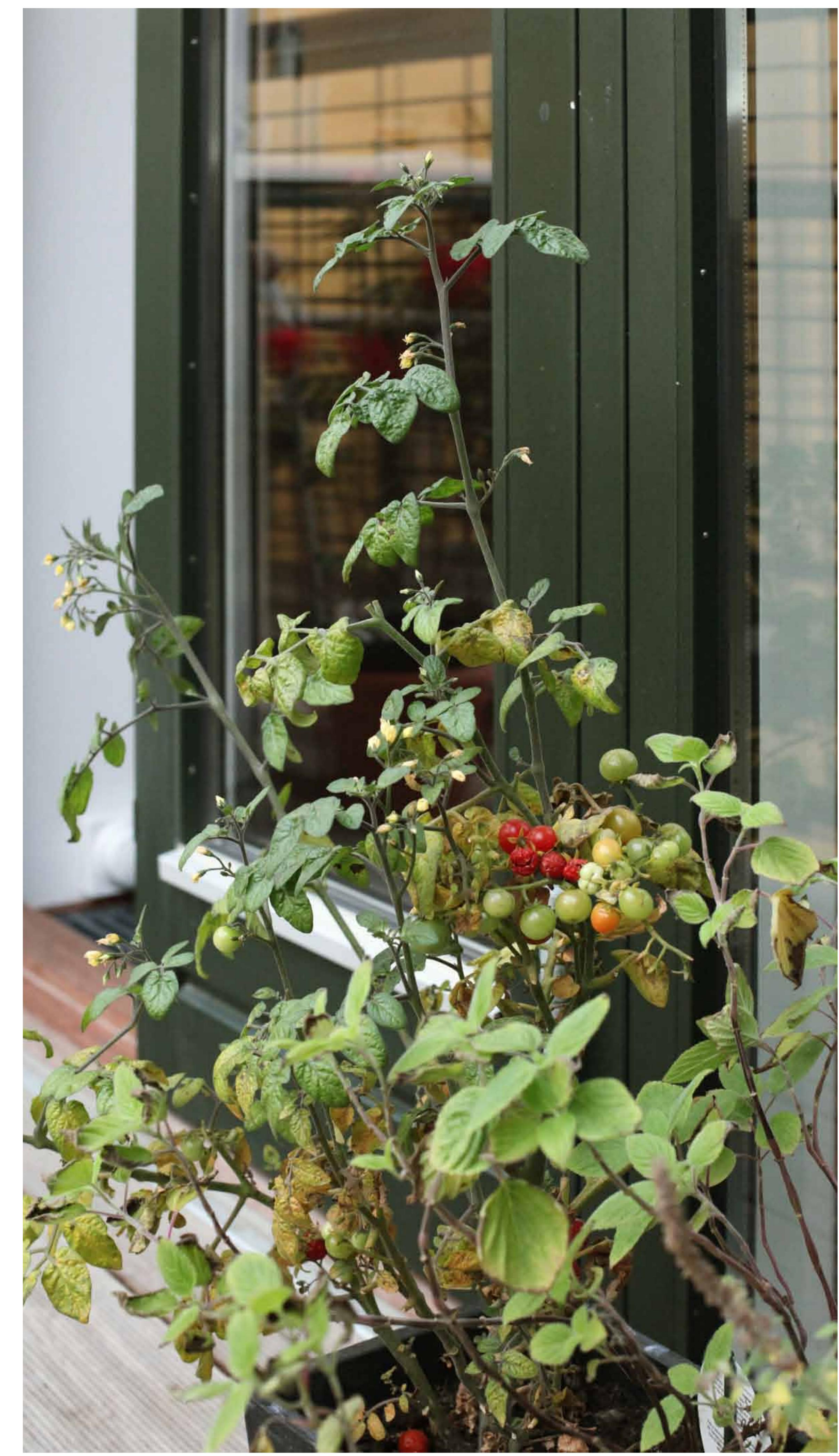
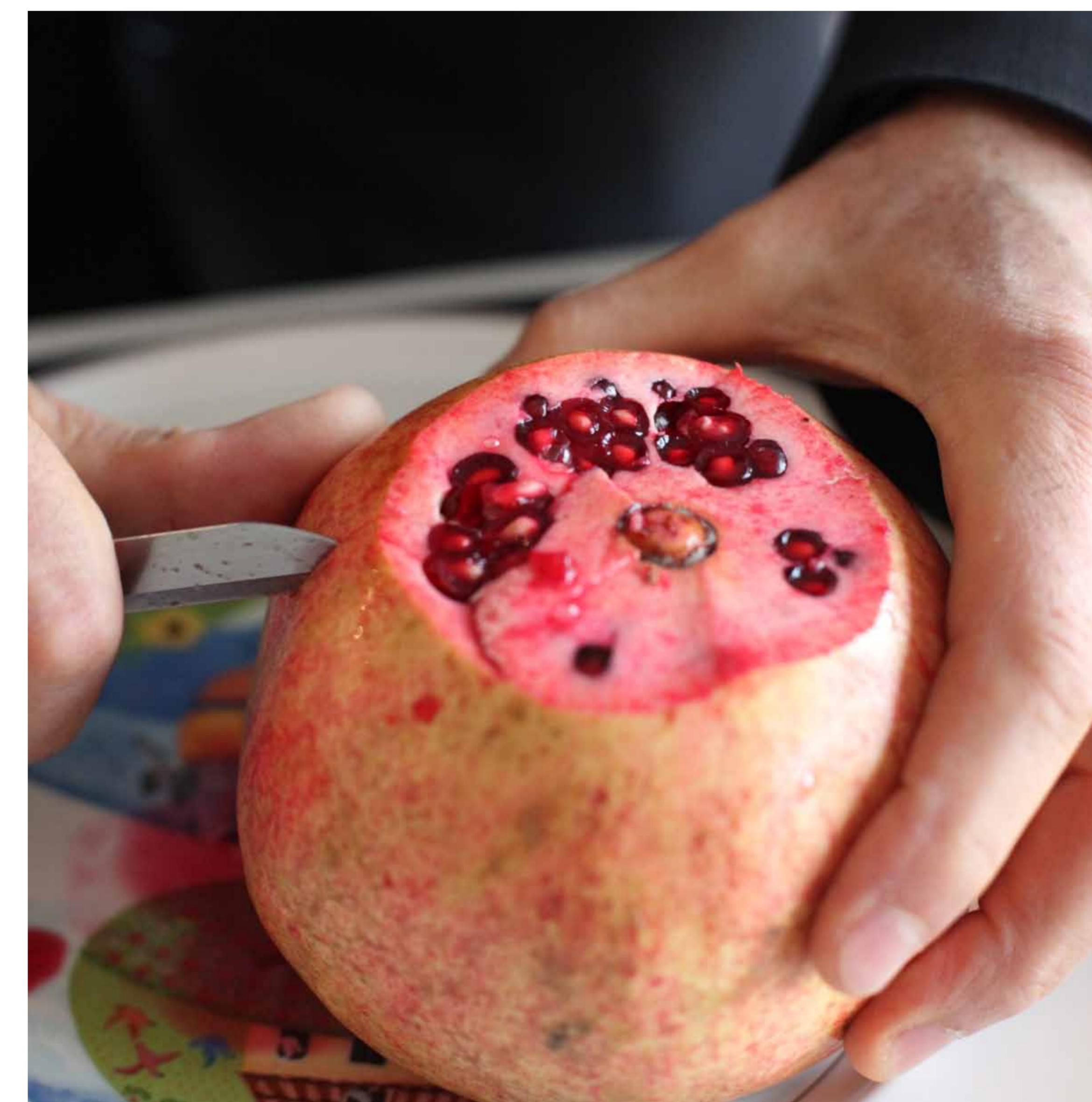
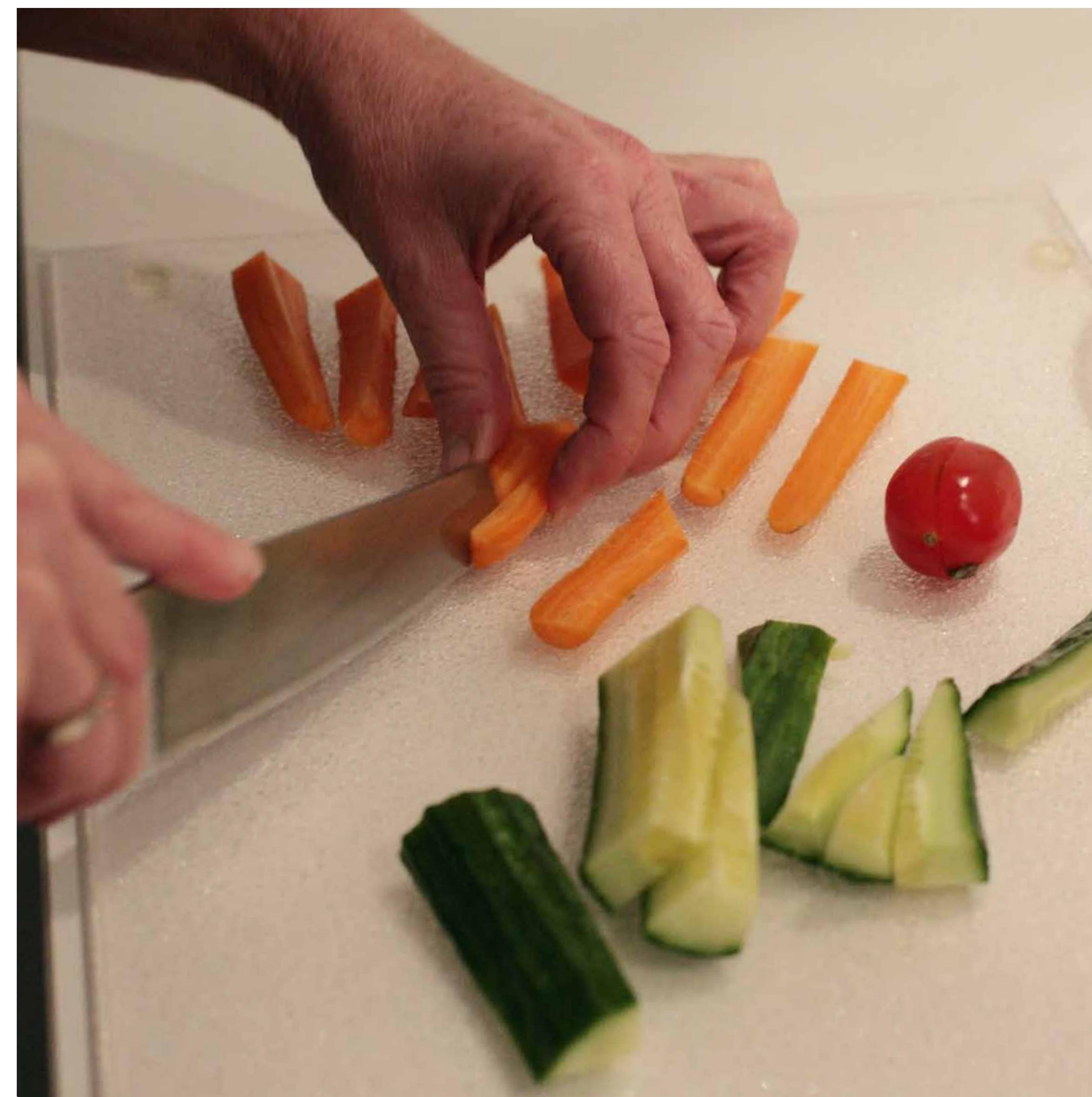
ø indicates that the product is organic

ø indicates goods produced outside Europe

Total without ready cooked, fast food, restaurants and cafes: \$218.25.

Foto: Henning Sjøstrøm

Middagsforberedelser



Familien Al Awssi i køkkenet

Familien Al Awssi sætter kvalitet i højsetet, og vil hellere have lidt men godt.

Familien Al Awssi spiser meget middagsmad med mange grøntsager, hørnede og linser. Røttet med stægte adgangspris fraude, øde vej til familiens køkken. Her finder man også frugter som granatæble og figen, som ikke er så kendte i det danske køkken. Ali er fra Irak og har den sydlanske kultur med sig med respekt for gode råvarer.

- Det er min mand, der har lært mig at lave mad. Han er rigtigt god til det. I starten af vores ægteskab, var det ham der lavede maden, forteller Lone.

Maden skal have kvalitet

Familien Al Awssi holder ind i masker han på vorende og udvalger de bedste råvarer. Han elsker friske grøntsager og moden frugt, både spanske og italienske kvinder går på markedet. Vi køber gerne Halskold fra en slakter, der både har god kvalitet og samtidig gode priser. Men vi køber også kød i Irma og andre steder.

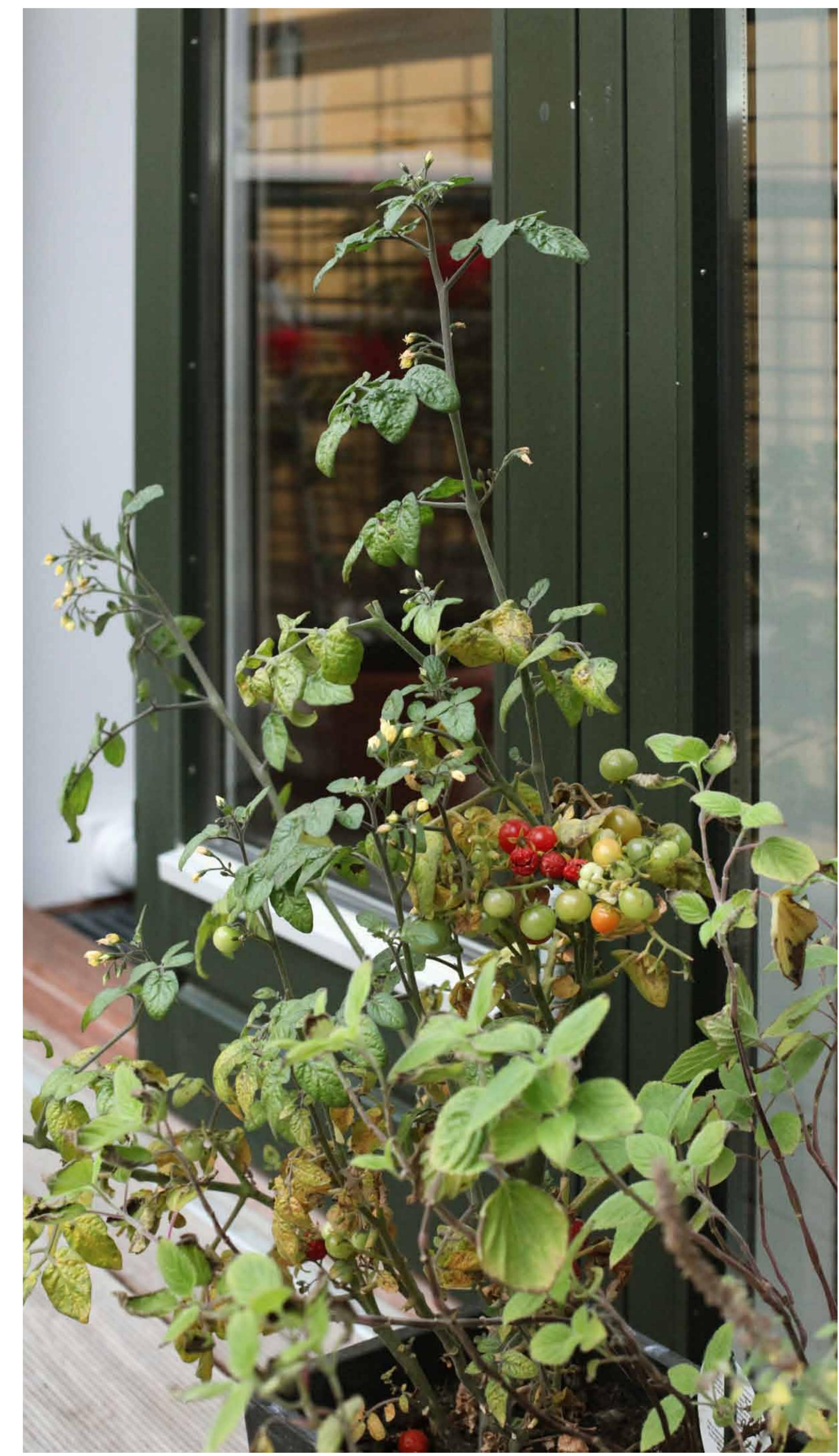
Lone har ikke så meget tid til at bage, men når hun bager kage til sin sons klasse, gør hun det fra grunden.

- En pulvarkage - det kan bare være lige meget. En god andefond kan spare meget besvær, men ellers vælger vi ikke præfabrikerede varer. Amerikanske undersøgelser viser, at de mange præfabrikerede

Danmark Denmark

Foto: Henning Sjøstrøm

Dinner Preparations



The Al Awssi Family Preparing Dinner

The Al Awssi family favors quality and prefers less but good food.

The Al Awssi family eats much Mediterranean food with many vegetables, beans and lentils. The dish with fried eggplant often finds its way to the family kitchen. They have as well fruits like pomegranate and figs, which are not as well known in the Danish kitchen. Ali is from Iraq and he has brought with him the southern culture with respect for good ingredients.

- It is my husband who taught me to cook. He is really good at it. At the beginning of our marriage, he made the food, says Lone.

The food must have quality

- When my husband is shopping, he touches the products and selects the most beautiful things. We are looking for fresh vegetables and ripe fruit. Just like when the Italian and Spanish women go to the market. We like to buy meat from a Halal butcher, who has both good quality and good prices. But we also buy meat in Irma and elsewhere.

Lone doesn't have much time to bake, but when she bakes cakes for her son's class, she makes it from scratch.

- A prefab cake - it makes no sense. A good duck sauce can save much trouble, but otherwise we don't choose prefabricated produ-

cts.

American studies show that the many prefabricated stuff goods is an bad for you. The family sometimes buys expensive snowballs from the company Summerbird. On the other hand, they don't stock up on candy for Saturdays.

Matured in the Danish climate

- It annoyed me that it is so difficult to find good Danish apples, says Lone, who grew up on an apple farm on Funen (Fyn). Denmark has a very good climate for apples and yet you can mostly buy foreign apples in the supermarkets. In autumn, we buy in bulk when the boat from Feijo docks in Nyhavn.

On the balcony there is a tall tomato tree, which gave 25 fine ripe figs this year. Just outside the kitchen window is a tall lush tomato plant and pots with fresh herbs like thyme and mint.

- All summer I was pleased that Hamnah went onto the balcony and watched the tomatoes and herbs. He was also absorbed with the compost and would like to see that something happened, but it didn't in such a short time. I have always emphasized that he should experience where things come from. When he was little, we visited the Nature Center at Amager Fælled and saw how they cut up deer and deer.

En 1-uges køkkenundersøgelse

A One-Week Kitchen Study



Familien Al Awssi

Undersøgelsen af madvarerne gav anledning til en del samtaler om, hvor maden kommer fra. Er det for eksempel en god idé at bringe vand i plastikflasker fra Grækenland til Danmark?

- Undersøgelsen af vores madindkøb gav anledning til, at vi talte en del om, hvor vi træde tingne kommer fra. Det havde jeg aldrig tankt så meget over, fortæller Lone. Der er ikke nogen information på varene om, hvor de kommer fra og hvor de er produceret henvor. Derfor var det meget vanskelligt at svare på spørgsmålene om transport.

Græk vand med lastbil gennem Europa

Undersøgelsen har også gjort familien mere bevidste om, at der er meget emballage.

- Plutselig ser man sit afslad, og man ser, at sækken bliver større og større. Jeg begyndte at tanke over, om tingene er pakket meget ind, fortæller Lone. Nogle gange vejer emballagen endda mere end varen indeni. Det var ikke sådant, vi så lavede om på, hvad vi ellers ville købe. Men vi vil sat fokus på, hvor meget emballage der er.

- Vi køber nogle gange græk vand i plastikflasker. Der begyndte jeg at se for mig, hvordan lastbilerne kører op igennem Europa. Ali er glad for vand på flasker, men Lone foretrækker vandet fra hanen.

- Det er ikke altid, det vil være angiveligt, hvis politikerne mister fokus på at vandet i vores vandhaner skal være god kvalitet, siger Lone. Det skal gøre vorene sådan, at vi kan drikke vandet fra hanen, som vi altid har gjort.

Mere bevidst om indkøb

Det var ikke varet at meget bevidst valg for familien at købe økologiske varer. Men Lone foretrækker at købe økologisk, fordi hun mener, at økologisk er en garanti for, at varene er produceret ordentligt. At der er lagt stærke bønder bag varene.

- Det er ikke altid, det vil være angiveligt, hvis politikerne mister fokus på at vandet i vores vandhaner skal være god kvalitet, siger Lone. Det skal gøre vorene sådan, at vi kan drikke vandet fra hanen, som vi altid har gjort.

Spiser en del

Familien har valgt en uge, hvor de var en del hjemme alle tre. Der kan godt være ige, hvor Lone spiser på arbejdet tre af dagene. Hannibal spiser i Tivolis kantine og Ali går ud og spiser. Det er også typisk for familien at spise en del ud, og familien spiser aldrig på de billigste restauranter, for også her vil de gerne have kvalitet. Måltidet er også et samlingsted, hvor familien glæder sig over at være sammen.



Tjek din egen mad

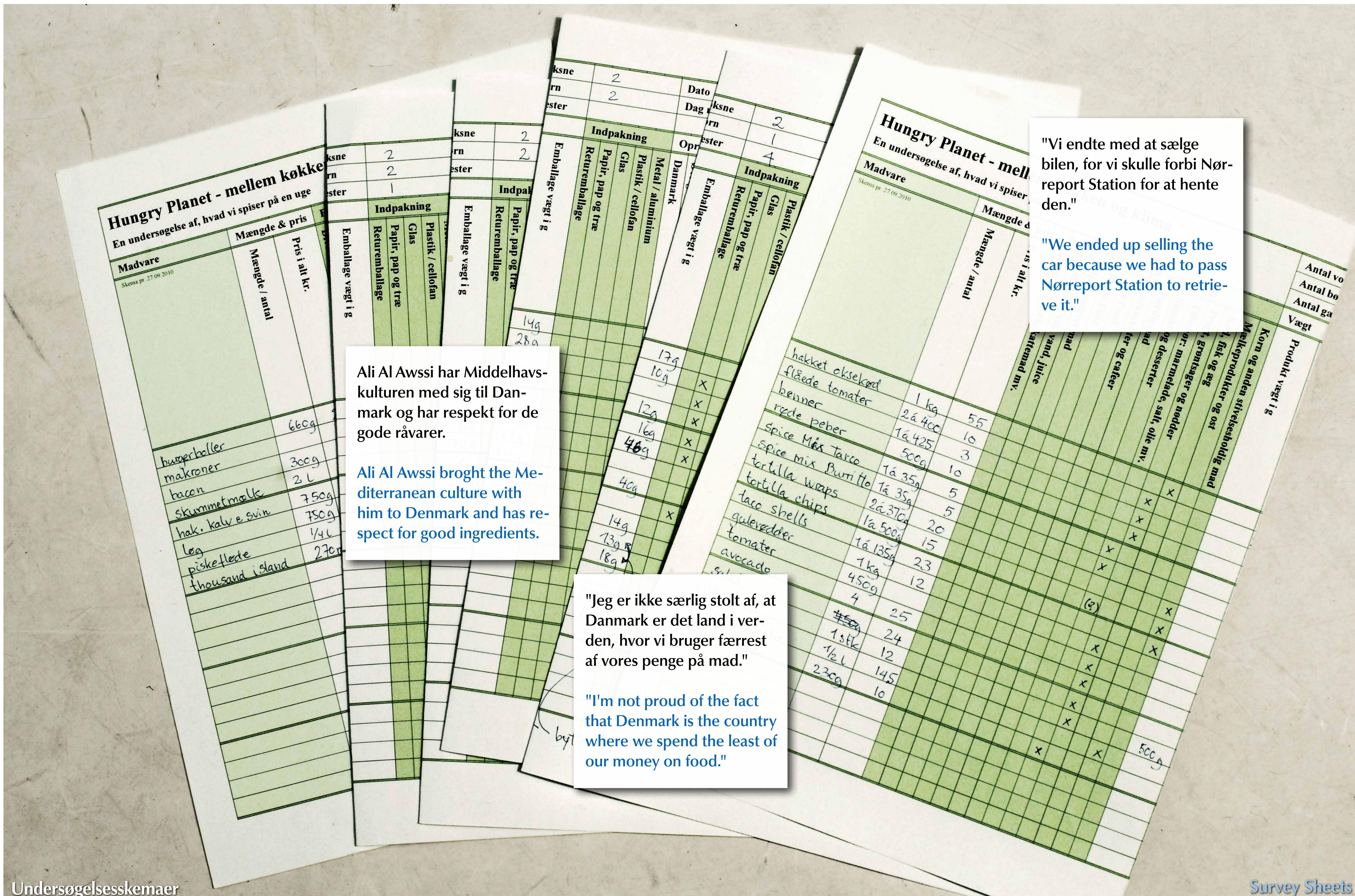
På www.hungryplanet.dk kan du finde en vejledning til selv at kigge din mad efter i sommene.

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 føjejing af, hvor klimavenlige dine madvalg er.

Det betyder for eksempel meget for madens klima- og miljøbelastning, om din kost består af en stor del okse- eller kalvekød, og om du spiser få eller mange økologiske varer. Og så betyder det noget, om du spiser mange fødevareer, der kommer fra landet du er ved i Danmark. Eller om du spiser lokale producenter, der 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 på www.hungryplanet.dk finde en vejledning til en enkel beregning, der gør din madvaner efter i sommene. Du kan teste, om din mad minder om 'Gennemsnitlig dansk hverdagsmad', og om du spiser mere eller mindre kød, grønt og økologisk end gennemsnittigt.



Survey Sheets

Undersøgelseskemaer

Familien Al Awssi nøgleresultater The AI Awssi Family Key Findings

Madindkøb	Food shopping
Økologisk andel af budget*: 41%	Organic share of budget*: 41%
Færdigmad, andel af budget*: 12%	Prepared food, share of budget*: 12%
Restaurantbesøg: 1.100 kr.	Restaurant visits: \$183.33
Korn, ris, pasta, kartofler, andel af budget*: 20%/5 kg	Grains & other starchy foods*: 20%/5 kg
Mejeriprodukter, andel af budget*: 8%/3 kg	Dairy, share of budget*: 8%/3 kg
Kod, fisk og æg, andel af budget*: 31%/4 kg	Meat, fish & eggs, share of budget*: 31%/4 kg
Grønt, frugt og nødder, andel af budget*: 14%/4 kg	Fruits, vegetables & nuts, share of budget*: 14%/4 kg
Afaffal fra køkkenet på en uge	
Kompost: 4,2 kg	Waste from the kitchen in a week
Andre køkkenaffall: 1,8 kg	Kompost: 4,2 kg
Andre køkkenaffall: 1,8 kg	Other kitchen waste: 1,8 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.

The AI Awssi Family

The study of the foods gave rise to quite a few talks about where the food comes from. For example, is it a good idea to bring in water from Greece?

- The study of our food shopping was an opportunity to talk a lot about where we thought things come from. I had never thought much about that, says Lone. There is little information on the products about where they come from and where they are produced. That's why it's very difficult to answer questions about transportation.

Greek water through Europe by truck

The discussion has made the family more aware of the fact that there is much packaging.

Suddenly you see your waste, and you see that the bags get bigger and bigger. I began to think about whether things have much wrapping, says Lone. Sometimes the packaging even weighs more than the product inside. It was not the case that we changed what we otherwise would buy. But we were focused on how much packaging there is.

- We sometimes buy Greek water in plastic bottles. Then I began to imagine how the trucks came plowing through Europe. Ali is fond of bottled water, but Lone prefers tap water.

- I think it would be a shame if politicians lose focus on the water in our taps, because it must be good quality, she says. It should be like that, so we can drink the tap water, as we always have done.

More conscious about grocery shopping

It has not been a conscious choice for the family to purchase organic products. But Lone prefers to buy organic, because she believes that eco-label is a guarantee that goods are produced properly. That there is more responsibility in the cultivation, so the products are of better quality and are healthier. So plenty of organic products always make their way into the shopping basket. Lone more knowledge about what they were not organic.

- I'm more conscious about what I buy. Previously, the organic products should be easy to find for me to choose them. I was not looking for them.

Dining out often

The family chose a week, where all three of them were mostly at home. There might be weeks where Lone eats at work three days, Hannibal eats in the canteen in Tivoli, and Ali goes out to eat. It is also typical for the family to dine out often and the family never eats at the cheapest restaurants, because even here they want quality. The meal is also a gathering place, where the family is delighted to be together.



Do it Yourself

On 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, 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.

Familien Rylander Hansen

The Rylander Hansen Family



Familien Rylander Hansen, København - 1.521,00 kr. pr. uge

Linea (22), Gunnar (55), Ida (55) og Ask (18) - én uges mad i november.

Korn og anden frøfoderhøf mad: **219 kr.** (heraf økologisk: 45 kr.)
- 750 g tortilla wraps; 135 g taco shells; 660 g burgerboller; 1 kg spængeskantuler; 1,5 kartuffer ø; 1,2 kg ciabatta-boller; 1 kg havrefryn ø; 1 kg pasta ø; 1 kg rugbrød; 700 g bød.

Mælkeprodukter og ost: **94 kr.** (heraf økologisk: 94 kr.) - 500 g creme fraise ø; 2 l skummetmelk ø; 750 g piskefløde ø; 3 l fiskeprølle mælk ø; 1 l yoghurt ø.

Kød, fisk og æg: **393 kr.** (heraf økologisk: 109 kr.) - 350 g leverpostej; 140 salakkodi; 1,5 kg kylling ø; 996 g kalvehæder; 3 kg æd; 750 g hakket kalv og flæk; 300 g bacon; 1 kg hakket øksekød.

Fagt, grøntsager og noder: **232 kr.** (heraf økologisk: 28 kr.) - 425 g boner; 800 g flædede tomater; 500 g rød peber; 2 kg gulferødder ø; 450 g tomater ø; 580 g avokado; 450 g salat; 500 g agurk ø; 750 g log ø; 454 g sverker ø; 1 kg Feijo ebber; 4 kg æbler indsamlet i naturen; 351 g pastinak ø; 1,9 kg Hokkaido-græskar ø; 405 g courgette ø; 800 g ristede tomater ø; 65 g hvidløg; 1,75 g ørkløser.

Krydderier og tilbehør: **57 kr.** (heraf økologisk: 30 kr.) - 35 g taco spice mix; 35 g spise mix burrito; 230 g taco sauce; 270 g thousand island dressing ø; 1 kg sukker; 190 g paprika.

Snacks: **96 kr.** (heraf økologisk: 40 kr.) - 740 g tortilla chips; 80 g makroner; 350 g krisbeere sauce ø; 300 g lakridspiber.

Ferdigmad: **30 kr.** (heraf økologisk: 30 kr.) - mad på arbejde ø.

Fastfood: **0 kr.**

Restauranter og cafeer: **395 kr.** - 2 personer i familien har i ugens løb spist ude.

Drikkevarer: **5 kr.** (heraf økologisk: 5 kr.) - 750 g rød saft ø.

Ø angiver at varen er økologisk

■ angiver varer produceret uden for Europa

I alt eksklusivt færdigmad, fastfood, restauranter og cafeer: 1.096 kr.

Denmark Denmark

Befolking: **5.534.738** Population: **5.534.738**
Befolking i hovedstadsområdet: **1.180.000** Population of Metro Copenhagen: **1.180.000**

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

Befolkningsstædted pr. kvadratkilometer: **128** Population density per square mile: **332**

Befolkningsstædted pr. kvadratkilometer: **128** Urban population: **87%**

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

Fødselsrate (fødder 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 ø 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**

Årligt alkoholbrug 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%** Total annual health care expenditure per person in \$, and as percent of GNP: **\$5,216/8,4%**

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

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

Andel 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 svine: **12.500.000** Number of pigs: **12,500,000**

McDonald's-restauranter: **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**

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.

The Rylander Hansen Family of Copenhagen - \$253.50 per Week

Linea (22), Gunnar (55), Ida (55) and Ask (18) - One Week's Food in November.

Grains & Starchy Foods: **\$36.50** (including organic: \$7.46) - 750 g tortilla wraps; 135 g taco shells; 660 g hamburger buns; 1 kg asparagus potatoes; 1.5 potatoes ø; 1.2 kg Italian buns; 1 kg oatmeal ø; 1 kg pasta ø; 1 kg rye bread; 700 g bread.

Snacks: **\$16** (including organic: \$6.67) - 740 g of tortilla chips; 80 g macarons; 350 g cherry sauce ø; 300 g licorice ø.

Prepared Food: **\$5** (including organic: \$5) - food at work ø.

Fast Food: **\$0**.

Restaurants and Cafes: **\$65.83** - 2 family members have been eating out this week.

Beverages: **\$0.83** (including organic: \$0.83) - 750 g red juice ø.

○ indicates that the product is organic

■ indicates goods produced outside Europe

Total without prepared food, fast food, restaurants and cafes: **\$ 182.67**.

Foto: Henning Sjøstrøm



Æbleringe og tørrede svampe

Familien Rylander Hansen spiser efter årstiden, plukker æbler og svampe, og laver mad i naturen.

En stor gryde orange græskarsuppe står og simrer over den brennende grill. Nogle naboer kommer forbi og får en skål suppe med. De andre passer på, mens deres mættesenderne fører til gærdet omkring deres huse i Højskovene i Helsingør beliggende ved Helsingør Fjord.

Familien Rylander Hansen forstørreder hjemmelaved mad og spiser sjeldent på restaurant. I stedet tager de sammen med venner ud i naturen og laver mad over bål eller tærcker op under grillen i gården.

Samler forråd i naturen

Familien kan lide at samle frugter, urter og svampe i naturen og lave mad fra grunden. Sammen med en god ven bliver der lave pesto af brændemejder og skuddekal.

Man skal bare ud til Højskovene, så der masser af æbler, forresten Gunnar. Vi har flere gange givet nogle venner en gevejekasse med hjemmeplukkede æbler til høstfesten vi fortæller om svampene ud i skoven. Vi går efter de gode svampe - kantareller og Karl Johans-svampe - som også er dyre at købe.

Familien plukker også æbler, der volser vildt, og tørre dem i en elektrisk tørremaskine. 1 kg æbler bliver til kun 100 g tørrede æbleringe med koncentreret smag, og de kan opbevares i mere end et

år. Næste mål er at lave egen ost.

Spiser årstidens grøntsager

På bønder sår der oftest traditionelt dansk mad, som frikadeller og oksekød. Men med et twist, da familien spiser gerne efter høstfesten.

Gædeos os over, når den første spidskål dukker op. Så får vi frikadeller og stuvet spidskål. Og når der er tomater til fôrdret og agurker senere på sæsonen, så spiser vi det.

Claus Meyers Almanak var en kærligheden gave under julen.

Her er der opskrifter med overvegt af danske råvarer og til de forskellige sæsoner.

Mad som hele familien kan lide

Tørregeren kan have bedre lide kod end grøntsager, siger Ida. Så familien spiser kod mesten hver dag, men ikke i store mængder. En kylling rækker fint til hele familien, og der er også noget tilbage. Og når der bliver lavet frikadeller, kommer Ida masser af revne rodbeder i farsen.

Hver fredag har familien den tradition, at der er en god steg på bordet og som regel også en forret. Måltidet er en fælles begivenhed hos familien Rylander Hansen.

Danmark Denmark

Foto: Henning Sjøstrøm

Apple Rings and Dried Mushrooms

The Rylander Hansen family eats according to the season, collecting apples and mushrooms, and cooking in the nature.

A large pot of orange pumpkin soup is simmering over the wooden fired grill. Some neighbors pass by and have a bowl of soup. Meats, meatballs and stewed cabbages, which are in pots in the courtyard in the middle of autumn.

The Rylander Hansen family prefers homemade food and rarely eats at restaurants. Instead they go out into the nature with their friends and cook the food over an open fire or turn on the grill in the courtyard.

Collect supplies in the wild

The family likes to gather fruits, herbs and mushrooms in the wild and to cook from scratch. Along with a good friend pesto of nettle and ground elder is made.

- You just have to visit Højskovene, and there are lots of mushrooms, says Gunnar. Several times we have given a basket as gift to some friends who have been invited to a barbecue to talk about the mushrooms in the woods. We go for the good mushrooms - Chanterelles and Penny Buns, which are also expensive to buy.

The family also picks apples, which grow wild, and dries them in an electric dryer. One kilo of apples becomes only 100 g of dried apple rings with concentrated flavor, and they can be stored for more than a year. Next goal is to make their own cheese.

Eating seasonal vegetables

On the table is mostly traditional Danish food like meatballs and roast beef, but with a twist because the family likes to eat seasonal products.

- We are delighted, when the first cabbage shows up. Then we have meatballs and stewed cabbage. And when the tomatoes are ripe in spring and later in the season the cucumbers, we eat them.

Claus Meyer's Almanac was a welcome gift under the Christmas tree. In this are recipes with predominance of Danish ingredients for each season.

Food the whole family enjoys

Teenagers just prefer meat to vegetables, says Ida. So the family eats meat almost every day, but not in large quantities. Oven-baked is plenty for the whole family, and are still leftovers. And when meatballs are prepared, Ida puts a lot of grated onions in the stuffing.

Every Friday, the family has a tradition of putting a good roast beef on the table and usually a starter. The meal is a communal event at the Rylander Hansen family.

En 1-uges køkkenundersøgelse

A One-Week Kitchen Study



Familien Rylander Hansen

Familien Rylander Hansens madindkøb bærer præg af, at de gerne bruger lokalt producerede fødevarer.

- I løbet af ugen købte vi det, vi plejer at købe. Vi prøver så vidt muligt at købe økologisk, men vi er ikke fanatisk. Vi køber for eksempel ikke økologiske æbler fra Sydamerika. Dels er der lang transport, men vi synes heller ikke de smager af noget.

I denne uge har familien selv plukket fire kg æbler, der grøde vildt. Da Gunnar er biolog, betyder det noget for ham, at den økologiske drift giver marker og enge med større mangfoldighed af planter. Gunnar kan købe økologisk kød via sit arbejde, og svigerforeldrene har gennem økologiske æg fra Sydsjælland, når de besøger byen. De kan også skaffe friske fisk, som derfor ofte finder vej til familiens bord.

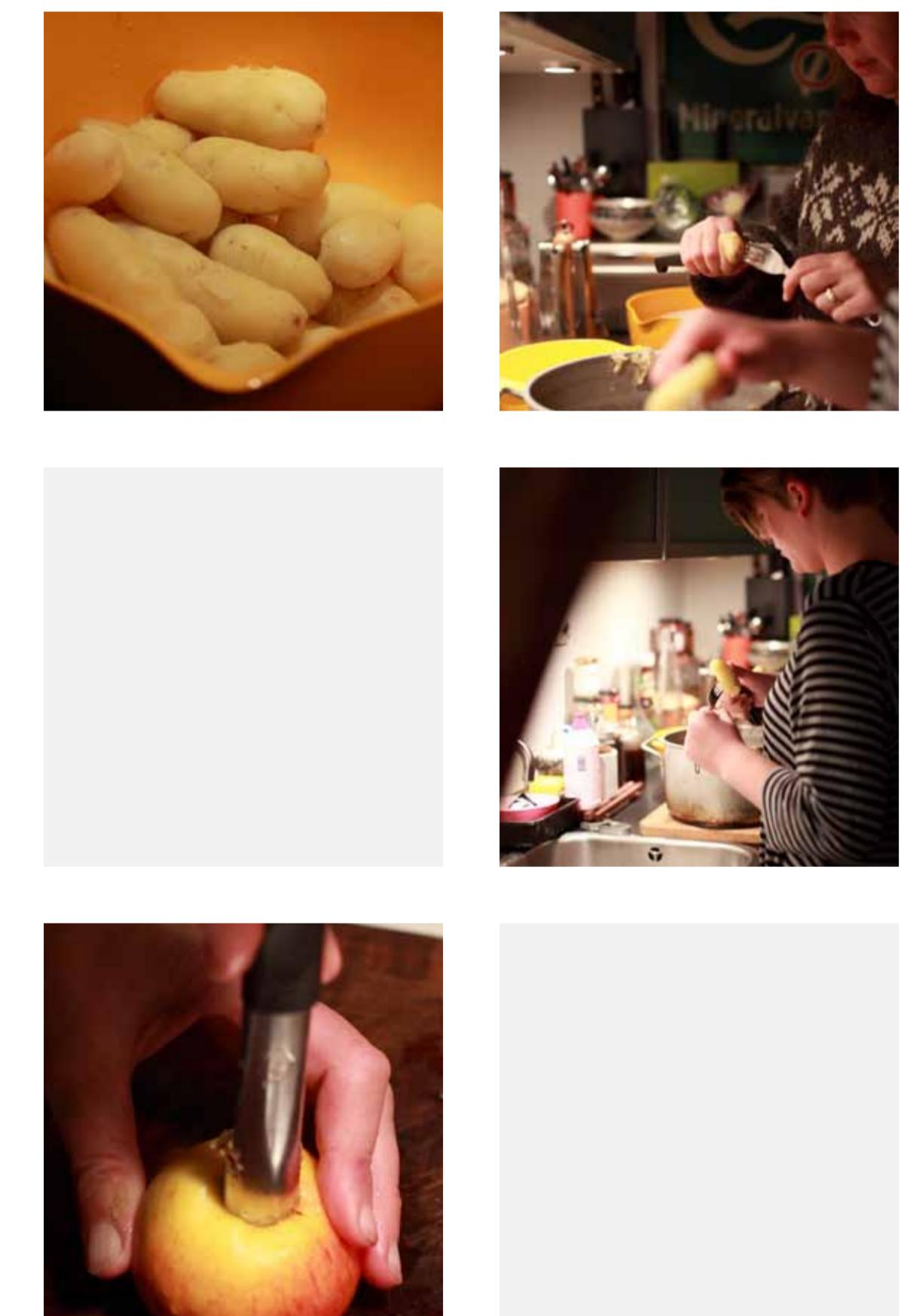
Med 16 kg grøntsager i løbet af en uge spiser familien på fire en del flere grøntsager pr. person end en gennemsnitlig dansk familie. Det ses også af kompostmengden, der er på over 5 kg. Kødforbruget på 8 kg eller 2 kg per person, var det kun ses i lyset af, at familien køber kød med ben, og at der er to voksne børn i familien.

Fra Danmark, øvrige Skandinavien og EU

Også denne familie studerede over, at det ikke fremgår af emballagen, hvor varerne er produceret. Og det gav anledning til nogle diskussioner.

- Vi tror jo, at vi køber en dansk leverpostej, når teksten er på dansk. Men på pakken stod der blot, at den var produceret i EU, og eller var det ikke nærmere specificeret. På sikkert stod der, at det var fra Danmark, Øvrige Skandinavien og EU. Og i de fleste tilfælde står der slet ikke noget.

- Vi måtte også sande, at det var da en frygteligt masse affald, vi samlede sammen. Og det var lidt chokerende at finde ud af, hvad det vejer.



Tjek din egen mad

På www.hungryplanet.dk kan du finde en vejledning til selv at kigge din mad efter i sommere.

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, hvor klimavenlige dine madvalg er.

Det betyder for eksempel meget for madens klima- og miljøbelastning, om din kost består af en stor del økse- eller kalvekød, og om du spiser fler eller mindre økologiske varer. Og så betyder det noget, om du vælger at tage fødevarer, der kommer fra landet, og ikke fra Danmark. Eller om du spiser lokale producerede fødevarer og spiser efter årstider. 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 på www.hungryplanet.dk finde en vejledning til en enkel beregning, der gør din madværter efter i sommere. Du kan teste, om din mad minder om 'Gennemsnitlig dansk hverdagsmad', og om du spiser mere eller mindre kød, grønt og økologisk end gennemsnittet.

Hungry Plan
En undersøgelse af, hvad vi spiser

Madvare

Skriftpr. 27.09.2010

Madvare	Mængde / antal
paprik	
æblekød	
de tomater	
mer	
e peber	
sukker	
havnen	
lakrids	
mix	
lars	
la chips	
shells	
ædder	
lever	
sal	
ris	
kurser	
brød	
fransk	
lue	

"Vi tror jo, at vi køber en dansk leverpostej, når teksten er på dansk."

"We believe that we buy a Danish liver pâté when all the text is in Danish."

Hungry Planet - me
En undersøgelse af, hvad vi spiser

Madvare

Skriftpr. 27.09.2010

Madvare	Mængde / antal
bunghaller	660g
makroner	25.5
bacon	15
skummetmølle	2 L
hæk, kalv & svin	13
leg	750g
risboller	9
læg	1/4 l
island	27cm
	20

Undersøgelseskemaer

Survey Sheets

Madindkøb

Okologisk andel af budget*: 42%

Færdigmad, andel af budget*: 3%

Restaurantbesøg: 395 kr.

Korn, ris, pasta, kartofler, andel af budget*: 20% / 9 kg

Mejeriprodukter, andel af budget*: 8% / 7 kg

Kød, fisk og æg, andel af budget*: 35% / 8 kg

Gront, frugt og nødder, andel af budget*: 21% / 16 kg

Afladt fra køkkenet på en uge

Kompost: 7.9 kg

Andre køkkenaflad: 2.4 kg

Food shopping

Organic share of budget*: 42%

Prepared food, share of budget*: 3%

Restaurant visit: \$65.83

Grains & other starchy foods, share of budget*: 20% / 9 kg

Dairy, share of budget*: 8% / 7 kg

Meat, fish & eggs, share of budget*: 35% / 8 kg

Fruits, vegetables & nuts, share of budget*: 21% / 16 kg

Waste from the kitchen in a week

Compost: 7.9 kg

Other kitchen waste: 2.4 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.

Familien Rylander Hansen nøgleresultater | The Rylander Hansen Family Key Findings

Madindkøb	Food shopping
Okologisk andel af budget*: 42%	Organic share of budget*: 42%
Færdigmad, andel af budget*: 3%	Prepared food, share of budget*: 3%
Restaurantbesøg: 395 kr.	Restaurant visit: \$65.83
Korn, ris, pasta, kartofler, andel af budget*: 20% / 9 kg	Grains & other starchy foods, share of budget*: 20% / 9 kg
Mejeriprodukter, andel af budget*: 8% / 7 kg	Dairy, share of budget*: 8% / 7 kg
Kød, fisk og æg, andel af budget*: 35% / 8 kg	Meat, fish & eggs, share of budget*: 35% / 8 kg
Gront, frugt og nødder, andel af budget*: 21% / 16 kg	Fruits, vegetables & nuts, share of budget*: 21% / 16 kg
Afladt fra køkkenet på en uge	Waste from the kitchen in a week
Kompost: 7.9 kg	Compost: 7.9 kg
Andre køkkenaflad: 2.4 kg	Other kitchen waste: 2.4 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.

The Rylander Hansen Family

The Rylander Hansen Family's grocery shopping is characterized by the fact that they like to use locally produced food.

- During the week we bought what, we usually buy. We try whenever possible to buy organic, but we are not fanatical. For example, we don't buy the organic apples from South America. First, there's the long journey, but we find they have little taste.

This week the family has collected 4 kg of apples that grew wild. As Gunnar is a biologist, it means a lot to him that the organic farming provides fields and meadows with a greater diversity of plants. Gunnar can buy organic meat through his work and his in-laws bring organic eggs from South Zealand (Sjælland), where they live in the city. They can also get fresh fish, and this is often found on the dining table.

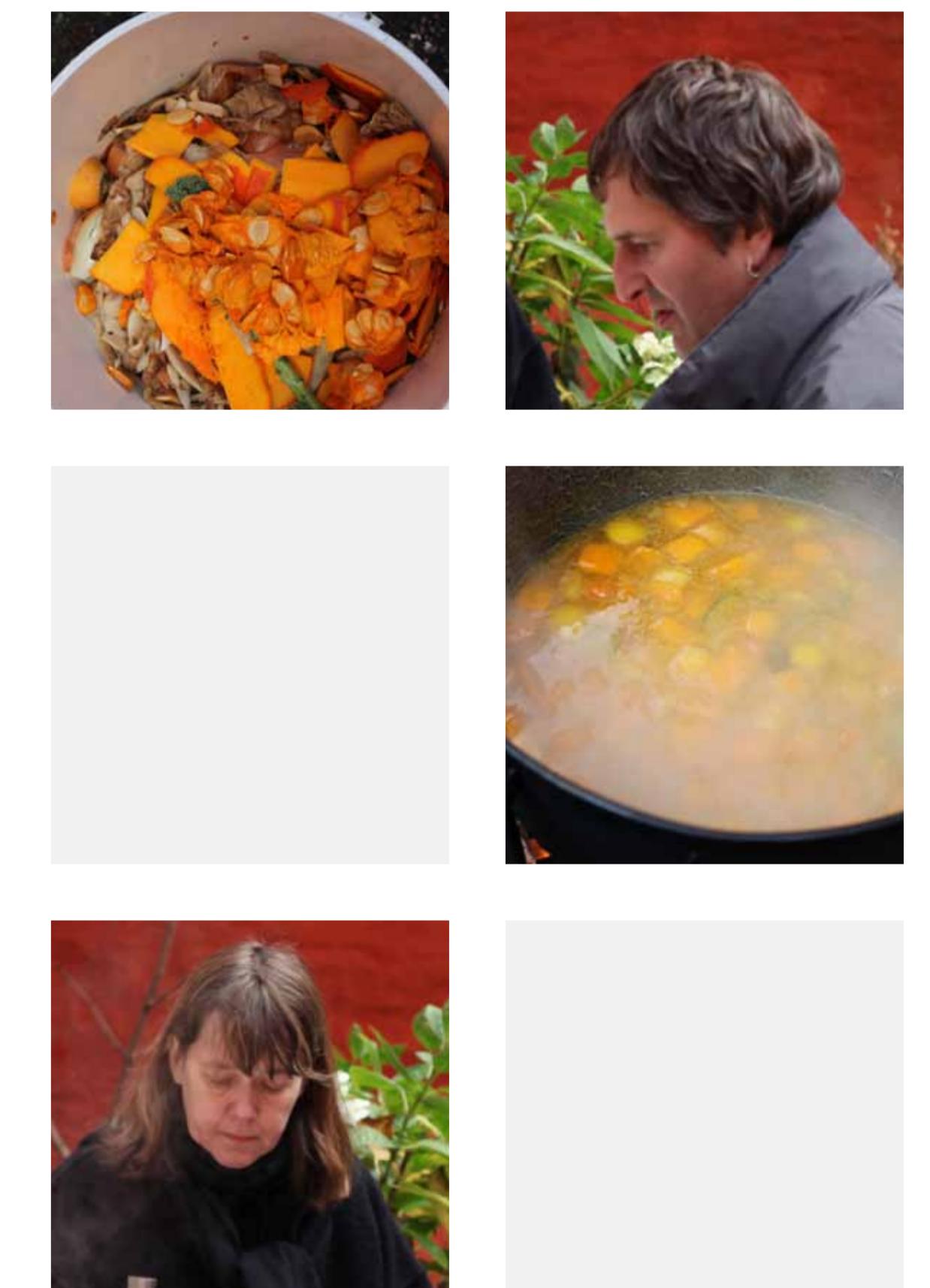
With 16 kg of vegetables a week the family of four eats considerably more vegetables per person than an average Danish family. This is also seen from the amount of compost being more than 5 kg. The meat consumption of 8 kg, or 2 kg per person, is considerable, and has to be seen in the context that the family often buys meat with bone, and that there are two adult children.

From Denmark, other Scandinavia and EU

Also, in this family they're puzzled over the fact that it didn't appear on the packaging in which country the goods are produced. And it caused some discussion.

- We believe that we buy a Danish liver pâté, when all the text is in Danish. But on the package it said only that it was produced in the EU, and otherwise it was not specified. On the sugar it said that it was from Denmark, Other Scandinavia and Europe. And in most cases, it says nothing at all.

- We also had to admit that it was an awful lot of waste, we gathered. And it was a bit shocking to find out what it weighs.



Do it Yourself

On 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 to a simple calculation at 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.