Celebrate International Earth Day
Week 3 #GreenestBlueHen
Open to all UD students
Sign up on www.udel.edu/007220
Week 3: Greener Food Challenge

REDUCE FOODPRINT:

Food is powerful. The choices we make when we eat directly affect not only ourselves, but also our larger planet, local communities, and people worldwide. Yet most of us don’t consider where our food comes from and at what cost.

YOUR ACTIONS MATTER:

Foodprint is the collective impact that food we eat has on animals, the environment and people. The goal of the Greener Food Challenge in Week 3 is to reduce our foodprint by a series of conscious greener actions. Assess and make changes to your meal, reduce your foodprint, build greener food habits to get most out of this challenge!
#GREENERFOODCHALLENGE

**CHALLENGE #1**

Learn about **foodprint** by taking quizzes
- Let's start with an easy and funny quiz
  Take the quiz here: [https://foodprint.org/quiz/](https://foodprint.org/quiz/) **(5 points)**
- Let's get more serious
  Take a screenshot of your results/score and share it with us.

**CHALLENGE #2**

The New York Times quiz allows you to choose common meals and beverages to see how your carbon foodprint compares to others. **Scan your QR code to assess your common meals and write down your plan for one greener meal a day for three days.** Your plan should apply the concept of low foodprint and be actionable! **(10 points)**

Calculate your actual food carbon emission from the three greener meals. Upload your **calculation process** to earn bonus points. Did you achieve what you had planned? **(15 points)**

**Food carbon emission calculator:**

**CHALLENGE #3**

Write a **300-word essay** about your experience, your achievements, and the inspiration you get by learning the concept of foodprint and applying it in cooking and eating greener meals! **(10 points)**

Post at least **two pictures** of your greener meals using **#GreenerFoodChallenge** and tag us on Instagram @udelsustainability and/or Twitter @UDsustainable. **(15 points)**