

## Unit 305: Sustainability in professional kitchens

### Activity 5: Food miles

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1. Use the food miles calculator to calculate how many food miles five out-of-season foods used in the restaurant have travelled, for example:
  - Fresh fruit
  - Rice
  - Meat and poultry
  - Fish
  - Vegetables
2. Calculate how far your two main suppliers travel by vehicle from their depot.

Food miles calculator:

<https://www.foodmiles.com/>