

Unit 305: Sustainability in professional kitchens

Activity 5: Food miles

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/>