



Introducing environment

Unseen impacts

When you go to the supermarket, which is more important to you: convenience or the environment? Or do you try and combine both?

Most people like the idea of doing their bit to save the planet. But when it comes to shopping, more often than not convenience takes a central role.

Food shopping is a chore that many of us don't like. Anything that makes it easier is welcomed.

You're surrounded by choices when you shop. Each has its advantages and disadvantages. Each has far-reaching consequences.

How do you find the option that does the least damage to the environment, and fits in with your life?

There are many different sorts of impact. We are going to focus on carbon dioxide emissions.

Carbon dioxide is released whenever fossil fuels like coal, oil and gas are burnt, so it's a good indicator of energy usage.